

# LIFESTYLE LESSONS



Provided by: Connor & Gallagher OneSource

## Did You Know?

Since there is no true fountain of youth, staying healthy and active are the keys to aging gracefully. In fact, many illnesses, disabilities and deaths associated with chronic illnesses are avoidable through preventative measures. This means you should establish a healthy lifestyle at an early age and stick with it as you celebrate each passing year.

## AGE GRACEFULLY THROUGH THE YEARS

Use these tips to stay healthy as you age:

- Eat a balanced diet that is low in saturated fat and includes five or more servings of fruits and vegetables per day.
- Engage in a regular exercise routine at least five days per week. Physical fitness contributes to the following:
  - Maintaining a healthy weight
  - Having healthy bones, muscles and joints
  - Reducing anxiety and depression symptoms
  - Relieving arthritis pain
  - Reducing the risk of heart disease
- Do not smoke or use tobacco. Tobacco increases your risk of heart disease, cancer and stroke significantly compared to those individuals that do not light up.
- Maintain a positive attitude. Having a healthy, positive attitude can go a long way in extending your lifespan and boosting your overall mood. To help yourself stay in good spirits:
  - Maintain good social connections and stay engaged with your peers.
  - Try to have positive self-esteem.
  - View life as a meaningful journey.

## Healthy Hints

By age 75, one in three men and one in two women will not engage in any physical activity. By not exercising, they are losing muscle mass and increasing their risk of developing chronic diseases.

However, there is no time like the present, even at a golden age, to start a fitness routine such as taking a walk, lifting light weights or taking a water aerobics class.

Connor & Gallagher OneSource

<https://www.gocgo.com>

630.810.9100

This flyer is for informational purposes only and is not intended as professional advice.  
© 2008, 2016 Zywave, Inc. All rights reserved.

 CONNOR &  
GALLAGHER  
OneSource