6 Tips for Healthy Aging

As you age, use these 6 tips to improve your health and prevent chronic disease.

1
Eat Healthy

Make healthy choices—like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

2
Get Regular Physical Activity

Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.

3
Quit Smoking

Take the first step and call 1-800-QUIT-NOW for FREE support.

4
Get Regular Checkups

Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective.

5
Know Your Family History

Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.

6
Be Aware of Changes in Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.