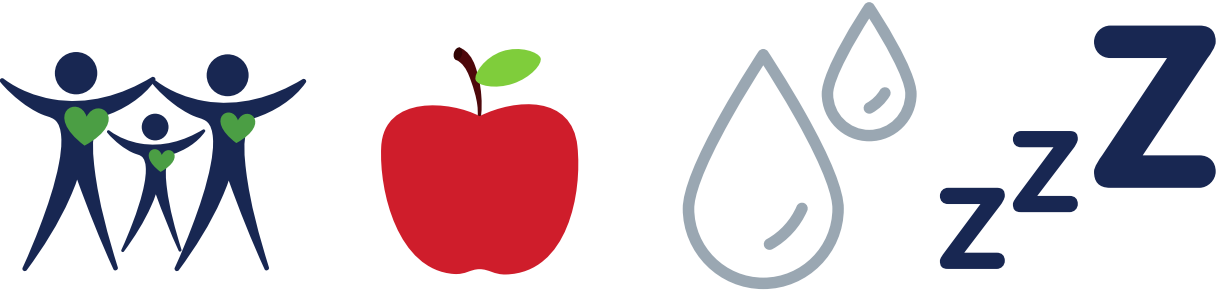


Challenge Details:

- **What steps are you taking to age well?**
It is never too late to make healthy habit changes so that you can live a longer, healthier life & reduce your risk for the most common, costly, and preventable health problems – such as heart disease, stroke, depression, cancer, type 2 diabetes, and obesity.
- Circle, "X," highlight, or add your initials for awareness of how many days you've participated in the Healthy Aging Challenge.



**"Prevention is better than cure."
Desiderius Erasmus**

Stay hydrated - aim for 8 glasses of water a day	Get 7-9 hours of sleep tonight	Exercise for 30 minutes - cardio, strength, stretching	Switch to whole grains	Take the stairs instead of the elevator	Say hello to an old friend	Try a new vegetable
No alcohol	Stretch before bed	Eat a meal with all 5 main nutrients (fruits, veggies, protein, grains, dairy)	Make a lean fish for lunch or dinner	Read a book	Get your dose of iron! Try spinach, dried beans, apricots, and more	Go to lunch or dinner with a friend or family member
Take a hot bath, shower, or foot soak 90 minutes before bed	Make all meals and snacks at home today	Laughing can reduce inflammation in arteries. Watch a funny video!	Make a sleep diary!	Connect with relatives and determine your family's health history	Get out of bed and try a relaxation method if cannot fall asleep in 20 min	Pick a healthy alternative for a regular snack or meal
Do 30 minutes of healthy activity	Keep bedroom cool and dark when going to bed	Schedule an annual wellness visit	Try a sleep-inducing snack: banana, turkey, almonds, whole wheat bread, milk	Try to avoid processed/added sugars	Receive the flu shot this year	Practice Meditation or Yoga
Set a goal for a healthy lifestyle change	Walk in place while watching tv	Substitute for leaner meats (turkey, chicken)	Number of Challenges Completed:	<input type="checkbox"/>	Great job on tracking healthy aging habits! Thank you for your participation!	

Out of 30 Days