

# LIFESTYLE LESSONS



Provided by: Connor & Gallagher OneSource

## Did You Know?

Since there is no true fountain of youth, miracle pill or youth cream, staying healthy, fit 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

Consider the following healthy aging recommendations:

- Eat a balanced diet, low in saturated fat and containing five or more servings of fruits and vegetables per day.
- Engage in a regular exercise routine most days of the week. This will reduce your risk of becoming ill with many ailments. Physical fitness also contributes to the following:
  - Maintaining a healthy weight
  - Healthy bones, muscles and joints
  - Reducing anxiety and depression symptoms
  - Relieving arthritis pain
- 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. A healthy, positive attitude can go a long way in extending your life and making it more enjoyable:
  - 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 are increasing their risk of developing chronic diseases.

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

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