

Take Charge of Your Health

Healthy Aging in April

Tips on how to grow older with grace



- **Try to Move Every Day**

Exercise can help you maintain a healthy weight, enhance blood flow to your brain, and give you a chance to socialize. Aim for a mix of cardio, strength and stretching.

- **Forge Social Connections**

Socializing with friends, family and colleagues can give you a sense of purpose and connection and help reduce depression and isolation.

- **Stay on Top of Your Screenings**

Speak with your doctor about screening for certain cancers, heart health, osteoporosis and diabetes after age 50. You may not need certain tests after age 75.

- **Advocate for Your Health**

You know yourself better than anyone. Don't be afraid to ask your doctors questions and to seek second opinions about your health care.

**did you
know ?**

Muscle mass declines as you age. Add lean protein to meals, like a cup of low-fat plain Greek yogurt or peanut butter on an apple, and add strength training to your routine.