

# TIPS FOR HEALTHY AGING

AWARENESS



Healthy Aging Month

## How to Age Healthily During the Senior Years

*Aging is a natural process. Seniors who take care of their health as they age often enjoy higher levels of energy and a higher quality of life.*

September is Healthy Aging Health. This month, seniors and their caregivers should focus on embracing the aging process through healthy habits so they can enjoy a better quality of life.



### Top Lifestyle Tips for Healthy Aging

Accepting the aging process can help seniors stay healthy. Seniors will need to adapt their lifestyle to changing energy levels, limitations, and challenges.

#### Here are tips to help seniors ease the aging process:

- Include activities they love in their everyday routine
- Help them get involved in meaningful, regular activities with friends
- Schedule doctor appointments at regular intervals
- Find a way to get them moving every day to keep their body healthy
- Add more fiber to their diet

([healthyaging.net](http://healthyaging.net))

### Positivity is Key

Studies show that staying positive makes a difference as seniors age. ([psychologytoday.com](http://psychologytoday.com)) Seniors may become less frail and may even be less likely to suffer from dementia if they maintain a positive outlook.

#### Help seniors stay positive by:

- Helping them remember what matters
- Continually focusing on hope in conversations
- Participate in things that are fun together

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## Mental, Emotional, and Physical Tips for Healthy Aging

There's more to aging than just stiff joints or being at higher risk of certain diseases. Aging affects not only the body, but also mental and emotional health.

### Mental Health Tips

- Stimulate the mind with crosswords, puzzles, and other brain challenges
- Help seniors with continuous learning—learn something new on a regular basis
- Engage in conversations often
- Talk to their doctor if trouble with memory occurs



### Emotional Health Tips

- Ensure seniors are getting adequate sleep
- Encourage meditation to help de-stress
- Assist in faith building or fellowship activities



### Physical Health Tips

- Help find senior fitness classes
- Assist in stretching activities
- Offer to go on walks or sit outdoors
- Monitor nutritional intake by suggesting fresh, healthy foods
- Ensure doctor visits are regularly happening



([webmd.com](http://webmd.com))

## Tests Seniors Should Have

It's important to look out for increased risk of health problems as seniors age. Seniors should consider having these important tests conducted. ([healthline.com](http://healthline.com))

- Blood pressure check
- Blood test for lipid level
- Colonoscopy
- Vaccinations
- Eye exam
- Periodontal exam
- Hearing exam
- Bone density test
- Vitamin D test
- Thyroid-stimulating hormone (TSH) level screening
- Skin exam
- Diabetes test
- Mammogram (women)
- Pap smear (women)
- Prostate cancer screening (men)



## Home Care Tip

If seniors associate aging with poor health, remind them that the two are not the same. Focus on all the abilities seniors still have. Frame health as an opportunity instead of a chore.