

## Take 5 lifestyle choices connected to healthy aging

### PURPOSE IN LIFE

Find an activity you enjoy. Stay positive.  
Volunteer. Join groups.

### PHYSICAL ACTIVITY

Get moving  
Devote 30 minutes for exercise daily  
Join an exercise group  
Add steps to you daily activities.

### COGNITIVE ACTIVITY

Read books or newspaper articles  
Play games or cards  
Attend classes or talks  
Try something new



### SOCIAL ACTIVITY

Stay social  
Maintain friendships  
Keep busy with others  
Join clubs



### NUTRITION

Add more colors to your plate  
Eat in moderation  
Eat more vegetables, fruits and foods with Omega-3 fatty acids  
Add nutrients through food and not with vitamin supplements



## Where are you at?

*Pick 3 options under each heading to achieve your healthy aging goal*

### ADD PHYSICAL ACTIVITY

Take the stairs instead of the elevator.  
Park the car at the end of the parking lot to add more steps in your day.



Why not take a walk everyday? You can start slow. Walk 15 minutes during a lunch hour. Work your way up to a brisk 30-minute walk 5 days a week.

Strength training. You will benefit from weight bearing exercise by lifting light weights a few times a week.

### CUT BACK ON CALORIC INTAKE

Eat smaller servings of food than usual.  
Order the smallest portion size when dining out.  
Replace soft drinks or juice calories by opting for water or zero calorie drinks.



### EATING HEALTHIER

Opt for whole grains.  
Don't skip meals.  
Opt for more fresh vegetables and fruits.  
Bring your lunch and snacks to work in order to avoid eating out and the use of the vending machine.  
Bake, broil or grill meat or fish. Avoid frying or breading meat or fish when preparing a meal.

