



10 STEPS FOR HEALTHY AGING



Maintain a Healthy Diet

Adopt a diet that is high in fruits and vegetables. Limit red meat, fried and processed foods, salt, and sugar.



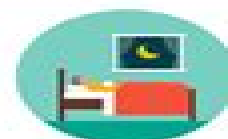
Get Plenty of Exercise

Physical activity increases blood flow to the brain and can also help improve mood.



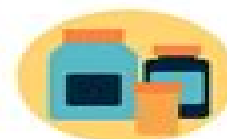
Learn Something New

Stimulate your brain and learn something new. Take up a new sport or hobby, learn to speak a foreign language, or enroll in a local class.



Get Plenty of Sleep

Get a consistent night's sleep—at least 7–9 hours. Lack of proper sleep can affect your health and memory.



Mind Your Medication

Contact your doctor or pharmacist with any questions you have about current or new medications.



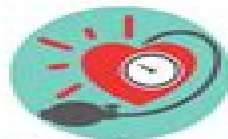
Stop Smoking & Limit Alcohol

Smoking and high consumption of alcohol increases your risk of serious illnesses.



Stay Connected

Maintaining an active social life is important for brain health, cognitive stimulation, and mood.



Know Your Blood Pressure

Have your blood pressure checked regularly to help screen for underlying health issues.



Keep Up With Appointments

Get your annual checkups and health screenings. Contact your doctor with any questions you have about your health.



Get A Memory Screening

Your brain needs regular checkups too! A memory screening is a quick, easy, and non-invasive exam for the brain.

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Aging Stress And Health

Carol D. Ryff, Robert F. Krueger



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