

# Top 10 Tips for Healthy Aging

**Growing older has its challenges, but there's a lot you can do to counter the effects of time. How many of these ten beneficial tips do you currently practice on a regular basis?**

## 1) Exercise Regularly

Making exercise a routine can help minimize stress and even delay and prevent certain diseases. Adults need at least 2½ hours of moderate activity each week.

## 2) Eat a Balanced Diet

Eating the right mix of protein, carbohydrates, fats, vitamins, and minerals can increase your energy and help you lose weight. It also reduces your risk for heart disease, stroke, type 2 diabetes, cancer and bone loss. A helpful tip is to add more color into your diet – brightly colored foods usually have higher level of antioxidants, but make sure you are also eating plenty of whole grains and lean protein.

## 3) Drink Water

As you age, it can be difficult to tell when your body is thirsty. Not drinking enough water can lead to dehydration, causing dizziness, constipation, urinary tract infections, and more. Most experts agree that adults should drink 6-8 eight-ounce glasses of water daily.

## 4) Dental Hygiene

Aging puts us at risk for a decreased sense of taste, dry mouth, gum disease, and root decay. These can result from existing diseases or medications used to treat those diseases. Brushing at least twice a day, flossing, and regular dental checkups are all essential in maintaining oral health.

## 5) Challenge your Brain

Experiencing memory lapses is part of the aging – but working your brain by playing music, doing crosswords, and enjoying games with family and friends is a great way to challenge your mind and keep it young.

## 6) Get Enough Sleep

Falling and staying asleep can be tricky when you get older – but getting an adequate amount can do wonders for your mood, attention span and memory. Experts recommend you get 7-8 hours of nightly sleep.

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## 7) Reduce Stress

Long-term stress can cause depression and memory loss in later years. To avoid these problems, make sure you get enough sleep, exercise often, and eat a balanced diet. Meditation and yoga may also help.

## 8) Socialize with Family and Friends

Aging can make it difficult to stay in touch with friends and family. Maintain as many relationships as possible to prevent isolation when you are older. Being social can do wonders for your sense of well-being.

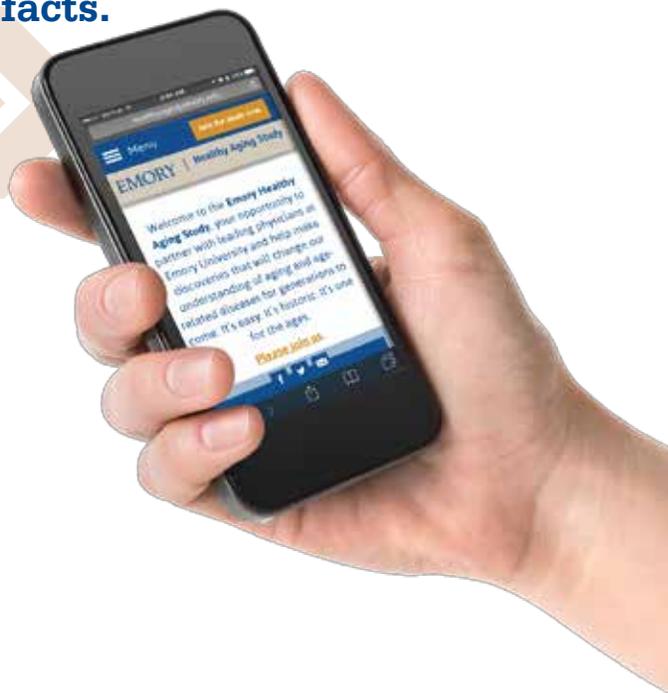
## 9) Go Outside

Nature is a great stress-reliever, and spending time outside has been shown to increase concentration. It also makes it easier to exercise and to absorb much-needed Vitamin D, which aids bone growth and immune function.

## 10) Take Charge of Your Health!

Regular check-ups with your physician are essential for managing your health. There are even specific screening tests for illnesses such as breast and cervical cancer, colorectal cancer, diabetes, osteoporosis, and obesity, so schedule your next checkup today!

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Healthy Aging Study