

10 Tips for Healthy Aging

From the National Institute on Aging:

All seniors (and everyone else, for that matter) are encouraged to make these tips priorities:

- Don't smoke. If you do, quit. Significant health benefits can be gained by quitting. It's never too late.
- Eat a balanced diet.
- Get regular physicals and other checkups.
- Take medications according to your prescription.
- Check your blood pressure regularly.
- Exercise regularly.
- Make sure your home is "fall-proofed." Secure loose rugs, make sure rooms have adequate passageways, ensure hallways are well lit, install handrails where needed, wear proper footwear, and keep walkways clear of debris. Falls are the Number One reason for nursing home admissions.
- If you drink, drink in moderation. As we age, our body's ability to process alcohol diminishes.
- Keep your personal and financial records in order.
- Keep up with friend and relatives. Companionship is important at any age.

Finally, keep a positive attitude. Do something fun today!