

## 1. BE ACTIVE

Older adults should engage in at least **150 MINUTES OF MODERATE ACTIVITY A WEEK.**



Exercise benefits include:

- Immune system boost
- Improved balance
- Improved quality of sleep
- Prevention of memory loss
- Reduced chronic pain

National Council on Aging  
<https://d2mkcg26uvq1cz.cloudfront.net/wp-content/uploads/2018-Healthy-Aging-Fact-Sheet-71018-1PDF>



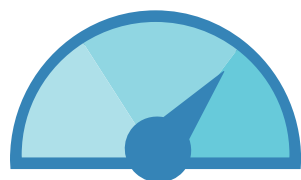
## 2. EAT WELL

Increase the number of fruits and vegetables you eat everyday. The United States Department of Agriculture recommends 2 cups of fruit and 2.5 cups of vegetables daily.



## 3. PRACTICE PREVENTION

Remember annual vision, dental and health screenings to stay on top of any changes in your health.



## 4. KNOW YOUR STATUS

Take the lead on managing your medications, following your healthcare plan and following up with your doctor.

## 5. GET ENOUGH SLEEP

It is important to get

# 7-9 HOURS

of sleep for the body to rejuvenate, which is critical to healthy aging.



## 6. CULTIVATE RELATIONSHIPS

Stay connected with the people who matter, and build a support system.

## 7. ENGAGE YOUR BRAIN

Keeping your brain active through reading, writing, or crossword puzzles can help delay memory decline that leads to dementia.

## 8. REDUCE STRESS

Examples include: Exercising, journaling or seeking professional counseling.

**1 IN 4 OLDER ADULTS** experience depression, anxiety or substance abuse.

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## 9. BE PRODUCTIVE

Make time for the interests you enjoy, both socially and individually.

## 10. EMBRACE AGING!

Aging is inevitable. Embrace the process and stay positive throughout it!