



## HEALTHY AGING MONTH

Celebrating life and the positive aspects of growing older

September 15, 2020 – Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time.

District Health Department #10 wants to remind individuals to take charge of their well-being by taking steps to age with a healthy body and a healthy mind.

### 1. Get Moving

- It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed.
- Adults should aim for at least 150 minutes of moderate-intensity physical activity each week.
  - Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go.
  - Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.
- Make your physical activity FUN and something you enjoy doing!

### 2. Maintain a Healthy Diet

- Eat proper portion sizes.
  - Overeating can lead to obesity and increase the risk of diabetes and heart disease.
  - Eat a variety of fresh fruits and vegetables and have them make up half of your plate.
- Avoid excess processed foods.
- Stay hydrated- adults should drink between 10-16 cups of water per day, dependent on gender, living environment, and activity level.

### 3. Stay Social

- Try something new by attending online or socially distant in-person classes that interest you.
- Use technology like Zoom or Facetime to stay in touch with friends and family.

### 4. Balance your Body and Mind

- Keep a positive attitude.
- Keep your mind active by reading or doing puzzles.
- Keep your body active through stretches and yoga.

### 5. Be Proactive

- Receive regular checkups, physicals and medical tests when needed as many diseases can be prevented when caught early.
- Don't forget appointments with the dentist and optometrist too.
- Take vitamins, supplements, and medications as prescribed.



#### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: jtaylor@dhd10.org



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