

Healthy Aging Month

September is Healthy Aging® Month and the time to get started on better health practices. This month is designed to focus national attention on the positive aspects of growing older. Healthy Aging® Month provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

76 MILLION

THE NUMBER OF
BABY BOOMERS
OVER THE AGE OF 50!



Steps to Healthy Aging:

- stay socially and physically active
- start a routine
- be aware of slower metabolism
- eat a healthy, well-balanced diet
- watch your sleep
- relax more
- travel somewhere new

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CHANGES
THAT COME
ALONG WITH
AGING



YOUR BONES. BONES
CAN BECOME
THINNER AND MORE
BRITTLE



YOUR HEART. IT CAN
BECOME SLIGHTLY
BIGGER AND YOUR
HEART RATE MAY
LOWER

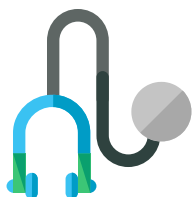


YOUR SKIN. YOUR
SKIN LOSES
ELASTICITY AND MAY
START TO SAG OR
WRINKLE

SUPPLEMENTS ARE AN IMPORTANT PART OF AGING:

After age 50, your body needs more of some vitamins and minerals from foods or supplements than before.

- Calcium (to keep bones strong)
- Vitamin D
- Vitamin B12
- Vitamin B6
- Zinc
- Vitamin C
- Collagen



DON'T NEGLECT YOURSELF:

- Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- It's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day.

