

SUNDAY MORNING Health Corner

Empowering Older Adults to Live Every Day to the Fullest!

September is Healthy Aging Month, a month that focuses on the positive dynamics of aging. Embracing healthy habits and behaviors, staying involved in the community, and managing any health issues or pre-existing health conditions, can contribute to a productive and meaningful life.

6 Tips For Healthy Aging

✔ **Get Physical.** Being active is an essential part of healthy aging. Try exercising or doing some form of physical activity for 30 mins a day.

✔ **Eat a Well Balanced Diet.** Healthy eating is essential because it allows seniors to maintain an ideal weight and help aid in emotional and mental health.

✔ **Stay Mentally Active.** Make sure to keep your brain active and stimulated. Try a new class or pick up a new hobby. Stimulating your mind can help reduce the risk of Alzheimer's disease and forms of dementia.

✔ **Visit Your Doctor.** Getting regular checkups can help ensure that any health concerns are looked at and attended too. Use this month to plan your next annual checkup.

✔ **Rest.** Getting the required hours of sleep is essential, and taking different periods of rest is also critical for maintaining your body and mind.

✔ **Stay Organized.** Keeping a daily or weekly calendar is highly recommended for seniors. By tracking appointments, medications, and their goals for the physical activity, it keeps seniors engaged.



THE
BALM 
IN
GILEAD 
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256