

# SUNDAY MORNING Health Corner

## Empowering Older Adults to Live Every Day to the Fullest!

September is **Healthy Aging Month**, a month dedicated to celebrating the positive aspects of aging. Adopting healthy habits and behaviors, remaining active in the community, and managing any health difficulties or pre-existing health conditions can all contribute to a productive and fulfilling 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.



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