



Aging Gracefully: Senior Health, Movement, and Cognitive Care

As our bodies change over time, so should our daily routines. Our daily routines quietly shape our quality of life. These rhythms are essential as we age. Routine supports wellness, nurtures independence, and creates a healthy foundation for meaningful living at every stage of life.

Adapting As We Age

Adapting our daily routines as we age is vital for maintaining optimal physical health, cognitive function, and preserving personal independence. Changing your habits helps preserve muscle strength, prevent dangerous falls, protect brain health, and ward off chronic illnesses, allowing you to live independently and feel your best.

As we age, our need for key preventative health tests such as annual blood pressure checks, cholesterol, diabetes, and bone-density screenings, increases. By staying on top of your body's individual needs, you can work with your doctor and loved ones to develop a routine that best supports your lifestyle.

Ways to Support Cognitive Health

- **Stay connected with friends.** Being social helps ward off depression and stress.
- **Rest well.** Lack of sleep over time may raise the risk of a decline in thinking skills and dementia.
- **Challenge your brain.** Crossword puzzles, reading, playing games, trying new hobbies all help improve memory and brain function.
- **Limit alcohol.** Drinking too much raises risk of fall and can cause memory problems, and make conditions that affect the brain, like high blood pressure or diabetes, worse.

Ways to Support Physical Health

- **Nutrition.** Staying hydrated and eating a balanced diet with fruits, vegetables, whole grains, high-fiber foods, and lean protein sources will support your overall health.
- **Exercise.** Weight-bearing exercise like walking, jogging, tennis, etc. helps build strong bones and slow bone loss.
- **Maintain a healthy weight.** Stabilizing your weight at a healthy place for your age and height is good for the heart.
- **Manage stress.** Stress can take a toll on your heart. Try meditating, exercise, or talk therapy.
- **Take charge of health conditions.** If you have diabetes, high cholesterol, etc. work with your healthcare team to manage them.



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment and access to care through education, programming and advocacy. Learn more at balmingilead.org.

The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.