HEALTHY AGING

Ten keys to healthy aging

As we get older, certain diseases become more common. The good news is that many of them are preventable. Following these steps can reduce your risk of developing these conditions and help you live healthier, no matter your age!

1. **Get the vaccines you need.** Older adults are at risk for diphtheria, shingles, whooping cough, flu, pneumonia, and tetanus. Make sure your preventive vaccinations are up to date.

2. **Get your recommended cancer screenings.**

3. **Stay connected to friends, family, and your community.** Loneliness can be bad for your health.

4. **Stop smoking.** It will help you breathe better, cough less, and lower your risk for serious health problems.

5. **Keep your blood sugar level under 100.** If it gets higher, you’re at risk for pre-diabetes, diabetes, and other health problems.

6. **Get regular exercise.** Physical activity, like walking, can improve your overall health and well-being. Aim for 30 minutes a day, five days a week.

7. **Lower your blood pressure if you need to.** Controlling your blood pressure through medication and lifestyle changes reduces your risk for heart attack and stroke.

8. **Maintain healthy bones, joints, and muscles.** Weight-bearing and strength-building activities can help. Ask your doctor if you need a bone density test.

9. **Combat depression.** If you feel sad most or all of the time, talk to your doctor about treatment options.

10. **Lower your LDL (“bad” cholesterol) to reduce your risk of heart disease and stroke.** You can improve your cholesterol with diet, exercise, and medication.

It’s never too late (or early) to start improving your health! The steps you take now can help you lead a longer, healthier life.

**Source:**


*This information does not substitute for recommendations from a personal physician. 10 Keys recommendations are based on continually evolving prevention guidelines.*