Celebrate Healthy Aging

Outdated expectations and myths about aging can negatively impact older adults and communities. As we age it's important to continue fostering relationships, hobbies and activities that facilitate joy. For example, a group of older women known as the 'Wild Bunch' would chalk people's sidewalks to celebrate birthdays, plan tea parties and get together on a regular basis. This comradery boosted moral and motivation into old age. Plan for the future or encourage loved ones to complete the following activities to promote healthy aging.

- Don't act your age. Tell jokes, plan surprises, find reasons to celebrate life.
- Be positive in your conversations and actions. Embrace aging by focusing on what you can do instead of limitations you may have.
- Write birthday, valentines or thank-you cards to foster connections with loved ones.
- Combat mental decline by playing games, completing puzzles, reading, or learning something new.
- Reduce stress and anxiety by employing techniques like exercise, journaling, or meditation. Chronic stress can increase the negative impacts of aging.
- Make a habit of your annual preventive checkups. Schedule your eye exams, hearing tests and preventive care screenings with your primary care physician.
- Maintain flexibility to protect against falls. Stretch daily before bed.
- Protect your bones. Reduce risk of falling and breaking bones by completing simple exercises like walking backwards, sideways or your toes and heels.
- Try your hand at gardening, pickleball or incorporate daily walks into your routine.
- Prevent and manage chronic conditions. Use our Ask-the-Doctor Checklist to review questions to ask your doctor at your upcoming annual visit.

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