



How to keep your body healthy as you age.

Regular exercise and a healthy diet are keys to healthy aging. Here are some tips to help you maintain an active lifestyle, reduce the risk of age-related diseases, and feel better from head to toe.

How much exercise do you need?



▶ FIT IN 150+

Aim for at least 150 minutes (2.5 hours) of moderate aerobic activity a week. Walking, biking, dancing and swimming are all good aerobic activities.

▶ BUILD MUSCLE

Strength training builds muscle mass, which makes it easier to carry groceries, lift grandkids and do daily activities. Add strength exercises, like weight training and resistance band exercises, at least twice a week.



▶ STRETCH OUT

Flexibility exercises help you stay limber and allow you to perform everyday activities, like getting dressed or bathing, more easily. Yoga is a great way to improve flexibility.



▶ ADD INTENSITY

As you get used to being more active, increase time and/or intensity to get more benefits. Walking at a faster speed may add years to your life — especially for people age 75 plus.



▶ IMPROVE BALANCE

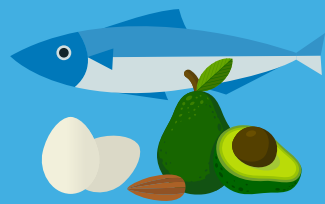
Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. Balance exercises, like Pilates and Tai Chi, help prevent falls by strengthening your lower body and core.



Smart food choices for healthy aging.

GO LEAN FOR PROTEIN

Fish, lean meats and poultry, eggs, beans, soy, and low/non-fat dairy products are good sources of protein. Add avocado or a handful of nuts for added fiber and healthy fats.



ADD COLOR TO YOUR PLATE

Colorful fruits and vegetables are a vital part of a healthy diet. They provide essential vitamins and minerals, are low in fat and high in fiber. They may also help prevent heart disease and cancer.

▶ BLUEBERRIES are good brain food. Eating 200 mg (7/8 cup) daily could improve your memory.



DARKER IS BETTER

Dark chocolate can help prevent heart disease and hardening of the arteries. So treat yourself to a truffle. Enjoy a bon-bon. Just make sure it's dark chocolate — not milk or white.



STAY HYDRATED

As we age, the body doesn't detect fluid levels as accurately as it used to. Top off your tank throughout the day with water, tea, coffee, soups, and fruits and vegetables.

▶ DID YOU KNOW cauliflower and bell peppers are 92% water?



Making physical wellness easier.

SENIOR LIVING

Residents of Life Plan Communities tend to have significantly fewer chronic health conditions, engage in more physical activity and have better overall physical wellness than older adults in the community at large.



WHY? The presence of on-site fitness centers, wellness services, nutritious meals and other activities gives residents more opportunities to take better care of their bodies.

