

Tips for Healthy Aging

No matter what stage of life you're in, these tips can improve your chances for healthy aging:

Physical Fitness

- You don't need a gym to exercise. Try taking the stairs or parking at the opposite end of the parking lot. Cleaning the house or gardening outside also can be great forms of exercise. (Make sure to speak with a health care professional before beginning any new exercise routine.)
- Make exercise fun and engaging. Once you find an exercise you like, you'll be more likely to keep going.
- Use the buddy system. Arrange to have a friend meet you for a walk or a bicycle ride. Having someone along can provide extra motivation, as well as increased social interaction.

Social Well-Being

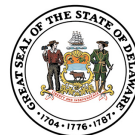
- Contribute time to your community through local volunteer groups, religious organizations or civic groups.
- Stay in close contact with friends and family through letters, email or the telephone.
- Take that vacation that you have been putting off. Traveling is a great way to see new things and experience new cultures.

Mental Wellness

- Keep your mind in shape by reading, learning a new skill or researching something that interests you. Daily crossword puzzles also can help.
- Reduce the risk of depression by exploring new activities, hobbies and exercise. If you are depressed, seek help from friends, relatives or a licensed professional.
- While some memory loss is inevitable, normal aging should not rob you of your memory. If you are experiencing memory loss that seems unusual, consult with your health care professional.

Financial Fitness

- Save at least 10 percent of your income and invest in savings plans that compound interest.
- Establish financial goals, stick to a planned budget and sign up for a retirement plan.
- If you are still working, consult with your human resources department for information about financial benefits.



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