



Although the risk of disease and disability increases with age, poor health does not have to fill your later years in life. Many chronic diseases can be avoided through preventive measures. The secret to aging well is to establish a healthy lifestyle early and stick to it as you grow older.

September is Healthy Aging Month

Maintaining a Positive Outlook

Your mind plays an important role in your ability to age well and maintain a high quality of life when you are elderly. Being engaged and maintaining positive social connections can help you retain cognitive function as you age. The following are ways you can help maintain a healthy attitude as you get older:

- Maintain positive self-esteem.
- Take control of your life.
- Develop and maintain quality relationships with friends, family and colleagues.
- View life as meaningful and be thankful.

Eat Right and Exercise Frequently

Proper nutrition is vital to maintain good health. Follow a diet rich in fruits, vegetables, whole grains, nuts and fiber, and reduce fat and sugar intake. Improving your diet could extend your life span and reduce the occurrence of chronic disease like heart disease, stroke and diabetes.

Being active is also important for health and longevity. Regular physical activity reduces your risk of dying from heart disease, and decreases your risk for colon cancer, diabetes and high blood pressure.

Following a healthy lifestyle can help lead to a longer life. By having a positive outlook and eating and exercising frequently, you can reduce your chances of developing chronic diseases and improve your well-being for years to come.



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