

SUNDAY MORNING HEALTH CORNER

September is Healthy Aging Month

September is Healthy Aging Month, a month that focuses on the positive dynamics of aging. Healthy aging is significant because it can help reduce the risks of cancer, certain lung diseases, and heart diseases. Older adults are more likely to be affected by these diseases and are at a higher risk of physical damage, such as fracturing a bone when falling. Mental health diseases such as dementia and Alzheimer's disease also affects adults who are 30 and older.



6 Tips For Healthy Aging

Get Physical. Being active is an essential part of healthy aging. Try exercising or doing some form of physical activity for 30 mins a day.

Eat a Well Balanced Diet. Healthy eating is essential because it allows seniors to maintain an ideal weight and help aid in emotional and mental health.

Stay Mentally Active. Make sure to keep your brain active and stimulated. Try a new class or pick up a new hobby. Stimulating your mind can help reduce the risk of Alzheimer's disease and forms of dementia.

Visit Your Doctor. Getting regular checkups can help ensure that any health concerns are looked at and attended too. Use this month to plan your next annual checkup.

Rest. Getting the required hours of sleep is essential, and taking different periods of rest is also critical for maintaining your body and mind.

Stay Organized. Keeping a daily or weekly calendar is highly recommended for seniors. By tracking appointments, medications, and their goals for the physical activity, it keeps seniors engaged.



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