

6 Surprising Steps for HEALTHY AGING

You can't stop time, but you can slow down the aging process with a few fun and simple strategies.



1



DANCE, DANCE, DANCE

Practicing a swing or salsa can enhance aerobic fitness and balance. The improvements mean less fall risk and increased confidence.

PLAY PICKLEBALL!

This trendy sport reduces pain by improving fitness and may enhance your brain function. Plus, playing sports encourages you to flex your friendship muscles by encouraging teamwork and collaboration.



2

3



GIVE BACK

Volunteering improves your satisfaction with life and decreases your likelihood of depression.

Research indicates that counseling, mentoring and other thought-provoking volunteer opportunities are especially effective for improving cognitive function.

KICK THE HABIT

Smoking not only ages your skin, but it also damages your heart and blood vessels. Quitting smoking decreases your risk of cardiovascular disease.



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5



MANAGE STRESS

Chronic, serious stress is linked to cancer, heart disease and neurodegenerative disorders. Make relaxation a priority and spend time doing things you enjoy.

SLEEP SOUNDLY

Skimping on sleep for one night can accelerate aging in older adults. Talk to your healthcare provider about an action plan if you are not getting the rest you need.



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