GET A GOOD NIGHT'S SLEEP

Getting enough sleep helps you stay healthy and alert.

Even though older adults need seven to nine hours of sleep, they often don't get enough.

Feeling sick or being in pain can make it harder to sleep, and some medicines can keep you awake. Talk to a doctor.

MENTAL HEALTH:

PURSUING A HOBBY

Your favorite activities are not only fun — they may also be good for your health.

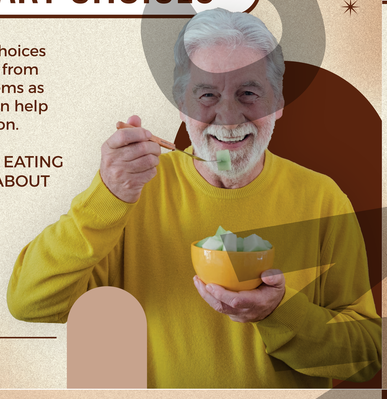
Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems.

HEALTHY EATING:

MAKE SMART CHOICES

Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function.

AS WITH EXERCISE, EATING WELL IS NOT JUST ABOUT YOUR WEIGHT.



MENTAL HEALTH:

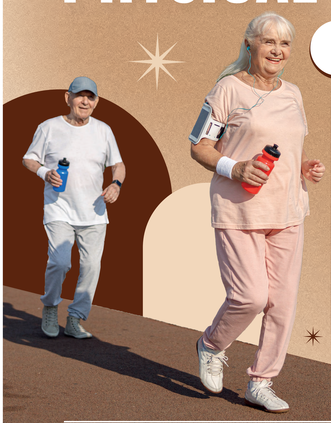
SOCIAL ACTIVITY

As people age, physical changes and the loss of family and friends can make it difficult to maintain social connections.

Being socially active can help older adults avoid social isolation or feelings of loneliness that can lead to physical and mental health issues. Being social may also help older adults reach their exercise goals.

PHYSICAL HEALTH:

GET MOVING



Whether you love it or hate it, physical activity is a cornerstone of healthy aging.

Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.

DON'T OVERINDULGE

Older adults should avoid or limit alcohol consumption.

Aging can lead to social and physical changes that make older adults more susceptible to alcohol misuse and abuse and more vulnerable to the consequences of alcohol.

HEALTHY AGING:

WHAT DO WE KNOW?

- Some factors, such as genetics, are not in our control.
- Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

AGE WELL

MAKE GOOD CHOICES

RESEARCH SHOWS THAT THE MEDITERRANEAN-STYLE DIET MAY HAVE A POSITIVE IMPACT ON YOUR HEALTH

SAMPLE