



Healthy Aging

REINVENT YOURSELF

Aging doesn't have to be a downer, celebrate your life and your years lived with these tips for healthy aging.

- ❖ Why act your age? If you still feel like you're 25 or 45 think of yourself that way! It's not denial, it's positive thinking.
- ❖ Be a positive conversationalist. Watch yourself in conversation for complaining. Avoid negative sources like the news if you need to.
- ❖ Get out and walk with a purpose! If you are able, go enjoy the beautiful weather. Make large strides, don't shuffle.
- ❖ Instantly slimming trick! Standing up straight will make you look and feel better. Practice until it's natural.
- ❖ Put on a happy face. Research has shown that simply smiling makes people happier. Also, your mouth is just as important as the rest of your body. Keep regular dental appointments.
- ❖ Keep up with your body. Make time for your annual physical this month!
- ❖ Stop being lonely. Take a class, volunteer, treat someone with your company for a meal. All it takes is a phone call.
- ❖ Be artistic! Find a new passion or hobby by taking music, photography, or woodworking. It's never too late to learn.

“Age is an issue of mind over matter. If you don't mind, it doesn't matter.”
-Mark Twain

“You can't help getting older but you do not have to get old”-George Burns

“As I grow older, I pay less attention to what men say. I just watch what they do”-
Andrew Carnegie