

# 7 Healthy Habits for Seniors

If your age is catching up to you, there may be some lifestyle changes you can make to give you a boost in energy and better overall health. Try to incorporate a few of these healthy habits, recommended by Parent Giving, to feel better and live longer.

## Quit Smoking

Smoking tobacco can cause cancer, stroke and heart failure. It also affects your skin by causing excessive wrinkling weakening skin elasticity.

If you're having difficulty quitting cold turkey, try cutting back with the aid of nicotine gum or patches.

## Stay Active

You should do something that boosts your strength, flexibility and balance. Participate in activities that help you stay at a healthy weight to prevent heart issues, sleep better and reduce stress.

## Eat Well

The right diet will make it easier to remain active. Schedule an appointment with a nutritionist to find the eating plan that will benefit you the most. Dietary changes and exercise can prevent or control illnesses such as heart disease, obesity, high blood pressure and diabetes.

## Maintain a Healthy Weight

Carrying around excessive weight is dangerous for your heart and promotes diseases such as diabetes. Find out what your ideal weight is for your body type and work to

achieve it. You can maintain it by staying active and eating right.

## Prevent Falls

Analyze your home for fall risks and eliminate them. Things such as loose carpets or rugs, cluttered walkways and unlit hallways should all be addressed. According to the National Council on Aging, falls are the leading cause of fatal and non-fatal injuries for older Americans. In most cases, they can be easily avoided.

## Stay Up-to-Date on Immunizations and Screenings

Staying on top of your health is crucial, especially as you age. Follow your doctor's orders and receive the immunizations and life-saving screening schedule they provide to watch for serious health problems.

## Manage Stress

Try to limit the amount of stress you put yourself through. Exercising and meditation have shown to relieve pent-up frustration. You also should make time to socialize with friends and peers, as positive thinking has beneficial effects on our health.



## Aging is Optional

AT ONE PEAK MEDICAL

### SERVICES:

- Primary Care
- Healthy Aging Services
- Hormone Testing and Therapy for Women and Men
- Medical Weight Loss and Detox
- Nutrient Injections and IVs
- PRP Therapy



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