6 Tips to Stay Healthy as You Age

1. EAT HEALTHY

Make healthy choices—like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

2. MOVE MORE

Enhance your health and manage chronic conditions by being active. It can help to promote balance and endure, lower the chance of falls, and enhance brain health.

3. BE PREVENTATIVE

Attend check-ups regularly and get recommended lab work done to help prevent disease or find it early for better treatment outcomes.

4. SHARE MEDICAL HISTORY

Share your health history to help your healthcare team take steps to help prevent chronic diseases or catch them early.

5. CONSULT ON CONCERNS

Everyone's brain changes as they age, but dementia is not a normal part of aging. If you have concerns about your memory or your brain's health, consult a physician.

6. CONSUME IN MODERATION

Significantly reduce the risk of chronic diseases by avoiding excessive alcohol and tobacco use.

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