



Positive Attitude

A positive attitude impacts your overall happiness, health, and well-being.

Eat Smart and Healthy

Incorporate a variety of fruits, vegetables, and whole grains into your diet.

Physical Activity

Make it your goal to get 150 minutes of exercise per week.

- Balance: *Tai chi or yoga*
- Endurance: *Walking, jogging, dancing, or housework*
- Strength: *Using light weights or your own bodyweight while exercising*
- Flexibility: *Stretching your body everyday*

Brain Activity

Challenge your brain by:

- Staying socially engaged
- Playing cards or doing a puzzle
- Reading a book or magazine
- Learning something new





**KEYS TO
EMBRACING
AGING**

Social Activity

Stay active with your friends, family, and community.

Tuning into the Times

Stay up-to-date with current events, pop culture, and technology.

Safety

Be safe in all aspects of life — at home, on the road, and online.

Know Your Health Numbers

- Cholesterol: <200
- Triglycerides: <150
- Blood Pressure: 120/80
- Blood sugar: <100
- Body Mass Index: 18-25



Stress Management

Focus on what makes you feel calm and in control.

Financial Affairs

Meet your financial goals by creating spending limits and a savings plan.

Sleep

Strive for nine hours of sleep each night.

Taking Time for YOU

Take 10 minutes for yourself each day and focus on what makes you happy.

