



## TIPS FOR SUCCESSFUL AGING

- 1. Make healthy daily choices**
  - a. choose a healthy lifestyle
  - b. avoid smoke and smoking
  - c. eat a well balanced diet
  - d. be physically active
  - e. be in control of one's personal health and safety
  - f. pay attention to bodily changes and keep your doctor informed
  - g. choose to have a positive attitude
  - h. reduce daily stress
- 2. Be actively involved in life**
  - a. participate in interesting and enjoyable activities
  - b. volunteer
  - c. interact with others
  - d. do fun things
  - e. help others
  - f. read or listen to the news
  - g. learn new things every day
  - h. dream and establish goals
  - i. live your dreams
- 3. Be physically active**
  - a. stretch your muscles regularly
  - b. move all the joints of your body every day
  - c. safely do activities that challenge your breathing and heart rate
  - d. enjoy nature
- 4. Reduce risks and barriers**
  - a. to home and community safety
  - b. to security
  - c. to home usability
  - d. to accessibility
- 5. Continually reassess personal factors**
  - a. pay attention to changes
  - b. keep your doctor informed of the "little changes" before the changes lead into something harder to control
- 6. Plan for the future**
  - a. monitor personal health through regular medical screenings
  - b. use preventive medical services
  - c. remove potential health and safety barriers
  - d. prepare a will
  - e. identify a health care surrogate
  - f. inform family and friends of your wishes, decisions, planned purchases
  - g. plan for emergencies in all possible scenarios (such as death, ill health, bad weather, fires, and other disasters)