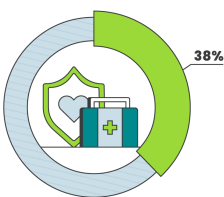


Investing in Your Health as a Senior

Unfortunately, you can't go back and change the past. But you can start making more mindful and health-conscious decisions to help your body thrive.

Why Invest in Your Health?



38 percent of baby boomers would choose **better health over a larger nest egg.**

Simple Ways to Take Control of Your Health

Exercise Daily

Physically active older adults have **improved function and longer survival.**

TRY:

Yoga, pilates, going for a walk, going for a swim, playing sports



BENEFITS: Improved mental health, disease prevention, increased energy

Source: JAMA Network

Get Enough Fluids

Maintaining a healthy diet can **positively impact cognitive functions.**

TRY:

Drinking 8 glasses of water per day, following the food pyramid, supplements for nutrients



BENEFITS: Muscle and bone strength, improved immunity, weight control

Source: PMC Labs

Socialize

Socializing with others can help **improve physical and mental health.**

TRY:

Throwing a party, joining a club, volunteering, calling a friend



BENEFITS: Decreased loneliness and protection against dementia

Source: MentalHelp.net

Additional Ways To Improve Your Health



Have regular checkups with your doctor



Stimulate your brain with games, puzzles or work



Take time to spend outside often



Make sure to get enough sleep