



# Healthy aging

Physical activity is a cornerstone of healthy aging. Studies show people who exercise regularly live longer and may live better, without pain or disability.



If you exercise on a regular basis, good for you! Keep it up! If not, now is the time to start. Check with a doctor before you begin an exercise program. Choose activities you can do and enjoy. Start out slowly and progress slowly. Some exercise is better than no exercise.

Research shows that eating a Mediterranean-style diet has both physical and mental health benefits that support healthy aging. This eating style includes plenty of vegetables and fruit, whole grains, healthy fats, more fish and less processed foods.

Staying mentally active is linked to physical and mental health and may reduce the risk of Alzheimer's disease. Find ways to lower stress and increase emotional well-being.

Exercise your memory and your mind. Continue to learn new things. Read. Join a club.