

ON THE ROAD TO Better Aging

Make healthy decisions to enjoy retirement.

SEE THE DOCTOR

Get regular check-ups and talk with your doctor about what screenings and vaccinations you need. Learn what steps you can take to care for your mental and cognitive health.

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STAY PROTECTED

Cover up arms, face and legs when out in the sun to reduce skin aging. Remove tripping hazards in the home. Wear sun glasses with UVA/UVB protection outside.

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TAKE MEDICATIONS

Take medication at the same time, in the same place, every day so you won't forget. Keep it in a place that's safe from kids and pets.

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MOVE

Meet up with friends to walk for 30 minutes. Wear the right walking shoes and follow good road safety to avoid any accidents.

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EAT HEALTHY

Eat a wide variety of fruits and vegetables, fiber-rich foods, beans, low fat dairy (or fortified dairy substitutes), fish, and lean meats. Limit saturated and *trans* fats, sugary foods, and sodium.

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Why is good nutrition important as we age?

A healthy diet can help prevent, or better manage, those diseases that often affect older people, such as heart disease, high blood pressure, cancer, and cataracts.

