

# Quick Guide:

## Active Senior Living

Tips that promote healthy aging and living as independently as possible.

### Stay physically active

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Each of the following three types of activity complements the effectiveness of the others, reduces the risk of injury and supports healthy aging.

|                                |   |
|--------------------------------|---|
| <b>Aerobic exercise</b>        | Walking, swimming and dancing               |
| <b>Strength training</b>       | Lifting weights and using a resistance band |
| <b>Flexibility and balance</b> | Simple stretching, yoga and tai chi         |

### Choose nourishing foods

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A healthy diet can ward off illness, improve brain function and reduce the risk of developing high blood pressure, diabetes and heart disease.

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|-----------------------------------|--|
| <b>Eat smart</b>                  | Eat fresh fruits and veggies, and consider superfoods such as salmon, kale, blueberries, avocados and eggs |
| <b>Indulge sparingly</b>          | Choose foods with little to no added sugar and avoid processed foods and salt                              |
| <b>Maintain muscle mass</b>       | Include proteins from a variety of sources such as seafood and legumes                                     |
| <b>Stay hydrated</b>              | Drink water throughout the day and avoid sugary drinks   |
| <b>Make eating a social event</b> | Connecting with others fosters well-being  |

### Prioritize mental health

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Keeping your mind engaged, being social and lowering stress are all ways you can foster sound mental health, reduce loneliness and decrease the risk of dementia.

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|--------------------------|---|
| <b>Take up a hobby</b>   | Consider knitting, watercolor, listening to music or participating in a group game like golf, chess or mahjong  |
| <b>Learn a new skill</b> | Take a cooking or dance class, sign up for a community college course or learn how to play a musical instrument |
| <b>Lower your stress</b> | Meditate, keep a positive attitude and commit only to events and outings that bring you joy                     |