Modern medicine and technology are increasing the average life span. In fact in America, 65 and over is one of the quickest growing age groups!

Although this is exciting to many, for those with poor health the extra years can feel overwhelming. The good news is, it is never too late to make some simple lifestyle changes to promote optimum aging. The effects of these simple changes can be felt almost immediately! Research tells us the most relevant areas to healthy aging are:

- Physical Activity
- Social Engagement
- Healthy Diet
- Quitting bad habits

**Physical Activity**
- Regular physical activity is associated with greater life satisfaction, greater cognitive functioning, stronger bones, & decreases the risk of falling.
- Research suggests regular long-term aerobic exercise can increase brain function in the area responsible for learning & memory!
- The CDC recommends 30 minutes of moderate aerobic exercise 5 days a week & 2 days of strength training per week.
- Did you know Silver Sneakers classes are specifically designed for older adults and free with most insurance? Learn more here: www.silversneakers.com

**Social Engagement**
- Staying socially engaged can help decrease feelings of isolation, increase positive emotions, maintain physical health, and increase cognitive functioning.
- Hobbies, social clubs, & volunteering are easy ways to maintain social connections.
- Louisville has three active senior centers, including: Jeffersontown Senior Center, Flaget Senior Center, & Wilderness Road Senior Center

**Healthy Diet**
- Maintaining a healthy weight is associated with healthy aging. The following tips can assist you in implementing a healthy diet:
  - Eat lots of fruits & vegetables especially dark green & orange colored ones
  - Try alternative protein sources such as fish and beans (i.e. lean proteins)
  - Strive for at least 3-ounces of whole grain a day
  - Drink at least 8 cups of water a day
  - Consult with your doctor about possible modifications in diet or vitamin regime to account for nutrients that decrease with age (Ex: Vitamin D & B12)

**Tobacco Use**
- It is NEVER too late to stop smoking
- The health benefits of stopping tobacco use can be seen almost immediately
- Resources for quitting can be found at: www.60plus.smokefree.gov
A Note on Dementia

Some loss of cognitive acuity and memory considered typical with age. However, the deficits seen in Dementia can cause significant medical and familial burdens. Given the sometimes severe consequences of Dementia, prevention of the disease has become increasingly important. Although the best prevention method is maintaining a healthy lifestyle from birth, if you start noticing changes in your memory, the following prevention strategies may help:

- Cognitively stimulating activities such as: Crossword puzzles, reading, or learning a new language
- Physical exercise
- Social Engagement
- Healthy & consistent sleep patterns
- It is also crucial to consult with your doctor at the first sign of memory and learning impairments.

For More Information Check:
- www.Headsupkentucky.org
- American Psychological Association
- www.apa.org/topics/aging
- Center for Disease Control
  www.cdc.gov/aging

SUCCESSFUL AGING

MAKING YOUR GOLDEN YEARS COUNT

Presented By: The Kentucky Psychological Association