6 Tips for Healthy Aging

Use these 6 tips to remain active and independent as long as possible.

1

Eat & Drink Healthy

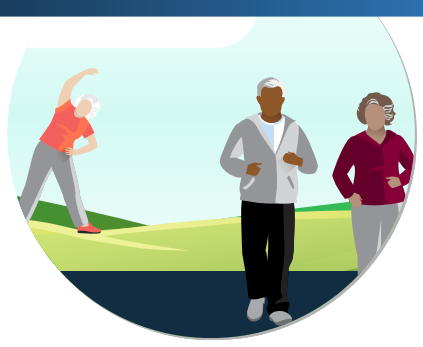
Make healthy choices—like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.

2

Move More, Sit Less Throughout the Day

Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.

TIP Aim for moderate physical activity, like walking, at least 150 minutes a week (22–30 minutes a day) and muscle strengthening activity, like carrying groceries, at least 2 days a week.



3

Don't Use Tobacco

If you use tobacco, take the first step towards quitting by calling 1-800-QUITNOW for FREE help.

4

Get Regular Checkups

Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective.

5

Know Your Family History

Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.

6

Be Aware of Changes in Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.

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