

## Healthy Aging



Americans are living longer than ever before. One in 8 Americans, 12.4% of the US population, is age 65 or older. Healthy aging includes lifestyle choices to maintain balance: physical, emotional, social, mental, and financial *decisions*.

### Tips for healthy aging:

**Physical** ~ The best defense is a good offense. Choose healthy fats, include five fruits and vegetables daily, and engage in some kind of physical activity for 30 minutes a day at least 4 days a week. Limit alcohol intake: for men, no more than 2 drinks a day, women no more than one drink a day.

**Emotional** ~ Anxiety, depression and other conditions may impact physical well-being and mental capacity. These conditions can be treated with talk-therapy and sometimes medication to enhance quality of life.

**Mental** ~ Memory and cognitive abilities like problem-solving can be strengthened with brain exercises, including working puzzles, learning a

language or musical instrument, or reading and discussing new ideas.

**Social** ~ People who are connected with others have greater life satisfaction than those who describe themselves as lonely. Volunteer, make friends, join social groups, have fun. Pets are also a great social support.

**Financial** ~ Get past, “We’re fine.” If your finances need repair, begin now. Consider what types of financial breaks you may be eligible for. Assessing your current financial situation accurately is the place to start.



### Resources for further information:

[www.HealthyAging.net](http://www.HealthyAging.net) Official Site of the Healthy Aging Campaign  
[www.cdc.gov/aging](http://www.cdc.gov/aging) Centers for Disease Control  
[www.healthandage.com](http://www.healthandage.com) Health and Age Foundation

### Tips for Caregivers:

One quarter of adults are caring for an aging parent or relative. Reducing stress can help make the experience more rewarding.

- Choose a healthy lifestyle for yourself
- Ask for help from family members and outside resources. Get support for yourself, including online and in person support groups.
- Indulge – Be sure to make time for fun. Get a massage, take a mini-vacation, go for a bike ride. Schedule pleasurable activities regularly.

**Contact Workplace Solutions today for confidential assistance.**  
**Professional counselors are available 24/7 by calling 800-327-5071.**  
**A variety of educational and supportive resources are available online at**  
**[www.wseap.com](http://www.wseap.com).**