HEALTHY AGING CHECKLIST

HEALTHY ACTIVITY - KEEP MOVING!
• Cardiovascular fitness (heart, lungs, circulation)
  • Aerobic activities -> Brisk walking, gardening/yard work, housework, jogging, elliptical workout, swimming, aerobics (chair aerobics)
  • Goal – increase heart rate > 120 BPM, 30 minutes each time, ≥ 4x/week
• Muscle and bone fitness
  • Adequate protein (75-100 grams/day) and calcium in diet (1000 mg/day)
  • Weight-bearing activities – walking/jogging, weightlifting, body resistance exercises, calisthenics
  • Goal – 20-30 minutes, ≥ 2x/week
• Joint fitness
  • Avoid sedentary lifestyle (Keep moving! Use it or lose it!)
  • Stretches, yoga
  • Goal – 10-15 minutes, ≥ 4-5 days/week

HEALTHY EATING
• Choose healthy foods
  • Healthy proteins – beans, eggs, yogurt, low-fat meats (fewer red meats, processed meats), low fat dairy
  • Healthy carbohydrates – vegetables (avoid high starches, fried veggies), fruits (avoid juices), fresh better than processed; avoid “high fructose corn syrup”
• Healthy cooking – avoid frying/breading meats/veggies, use unsaturated cooking oils (olive)
• Limit daily calorie intake – max 1800 cal/day
• Maintain healthy weight
• Healthy snacks – fresh veggies, fruit, nuts, unbuttered popcorn; avoid chips, sweets
• Healthy beverages – water, low fat milk, coffee, (NOT sweet!) tea, sugar-free soft drinks
• Limit alcoholic beverages – 0 probably best but max 4-5/week

HEALTHY HABITS
• Stress
  • Avoid stress when possible
  • Manage unavoidable stress – limit exposure, take a break, accept help, practice healthy lifestyle (healthy diet and activity)
• Sleep
  • Quantity – minimum 7 hours/night (8-9 is optimal)
  • Quality – “restorative” sleep = feeling rested after a night's sleep
  • DON’T IGNORE SYMPTOMS – see your doctor for a medical evaluation, testing and medication review (medical conditions - arthritis, neuropathy, depression, anxiety, poor sleep hygiene, sleep disorders - sleep apnea, restless leg syndrome)
• Healthy relationships
  • Healthy relationships reduce isolation, stress, and mental health problems
  • Participate in family time, friendships, community or religious organizations, volunteer, part-time work
  • Stay engaged with a community!