

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, $\geq 4x/week$
- 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, $\geq 2x/week$
- Joint fitness
 - Avoid sedentary lifestyle (Keep moving! Use it or lose it!)
 - Stretches, yoga
 - Goal – 10-15 minutes, $\geq 4-5$ 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!