Would your organization be interested in hosting a no cost presentation on healthy aging? To schedule a talk, please call Karen Graham of the Rush CEDHA Community Engagement/Outreach Core, at 312-942-6118.

Thank You

We at the Rush Center of Excellence on Disparities in HIV and Aging (CEDHA) invite you to contact us at any time. Your participation may help to improve the lives of those living with HIV or at risk for HIV in this and future generations. Sincerely,

The Rush CEDHA Team

Lifestyle Choices That Help with Healthy Aging

Physical Activity
- Add steps to your daily activities
- Exercise daily for 30 minutes
- Join an exercise group

Cognitive Activity
- Play games or cards
- Read books or newspaper articles
- Take a class

Nutrition
- Eat in moderation
- Eat more fresh fruits and vegetables
- Focus on food rather than supplements

Social Activity
- Stay social
- Maintain friendships
- Join clubs

Purpose in Life
- Volunteer
- Keep positive
- Join groups

Healthy Habits
- Wash your hands regularly
- Wear a helmet when biking
- Use seatbelts while driving
- Keep rooms clutter free to prevent falls

Safe Sex
- Use barrier protection such as condoms
- Get tested for sexually transmitted infections (STIs)
- Get tested for HIV

Toxins
- Avoid tobacco products
- Limit daily alcohol drinks to 1 for women, 2 for men*
- Limit fast foods to once per week
- Get carbon monoxide detectors
- Test home smoke alarms monthly

Vaccinations
- Get an annual flu shot
- Get a shingles vaccination after 60
- Get a pneumonia vaccination after 65
- Get a tetanus/pertussis shot every decade

Prevention Services
- Know your body mass index (BMI)
- Get screened for colon cancer
- Get regular checkups for blood pressure, cholesterol, diabetes
- Get yearly vision, hearing, and dental checks

* Source: http://www.cdc.gov/alcohol/faqs.htm#moderateDrinking