Would your organization be interested in hosting a no cost presentation on healthy aging? To schedule a talk, please call Kasey Bates of the Rush CEDHA Community Engagement/Outreach Core, at 312-942-1509.
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