SOUTHCOAST PUBLIC HEALTH COALITION

Healthy Aging at Any Age!

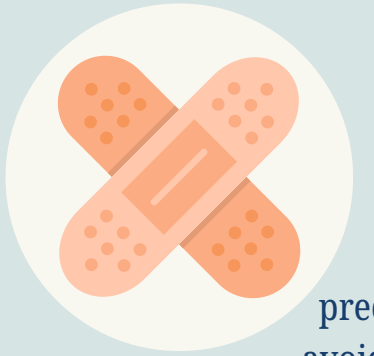
Eat a balanced diet including all of the food groups

What Is Healthy Aging?

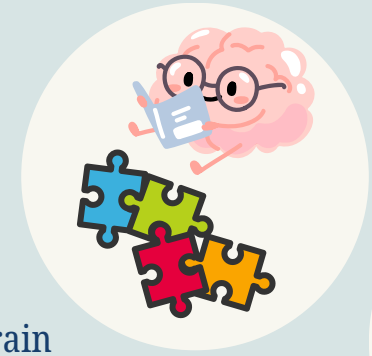
- It is the process of maintaining good mental, social, and physical health and well-being as we grow older
- There are specific areas, that when worked on, can help you stay healthy throughout the course of life

Attend all necessary doctors' visits. Keep up with screenings and vaccinations

Exercise regularly



Take precautions to avoid injuries or falls



Keep your mind stimulated by challenging your brain with puzzles and books

Get plenty of sleep! At least 8 hours

Stay connected by talking with family and friends

Find ways to reduce stress and seek help when needed