

## Take steps now for health aging

**P**eople should start thinking about healthy aging when they're young. Healthy habits can be added to daily routines until they've become second nature. Starting early is key to fending off serious diseases. They are the most common health risks that come with getting older. But it's never too late to take steps for healthy aging.



Photos courtesy iStockphoto: Cooking, Fstop123; stretching, Tomwang112

### Five things you can do now

**1** Falls are a common cause of injury for seniors. To help prevent falls, talk to your doctor about your risk. Do strength and balance exercises. Have your vision checked, and take steps to make your home safer.



**2** Get a yearly wellness checkup. Talk to your doctor about preventive screenings, cognitive health and physical health. Be sure to mention all drugs you're taking.

**3** Keep up with good nutrition and get plenty of physical activity. Even those who don't start exercising until their 60s or 70s experience positive benefits, such as a lower risk of heart attacks.

**4** Be aware of your mental health, which can be overlooked in discussions on aging. If you feel depressed or anxious, it's important to let your doctor know.

**5** Stay engaged. Good health includes an active emotional and social life. Isolation can be bad for health. Look for volunteer, senior center or community events to make friends.



>> For more information on healthy aging, visit [www.nia.nih.gov](http://www.nia.nih.gov)