



Healthy Aging: You're Never Too Young to Start!

Healthy aging is not for the old. You are never too young to start healthy practices so that you feel good now and can potentially prolong and improve your life!

How we accept life changes will have an impact on healthy aging. As you pass through life's landmarks, reinvent yourself. Find new interests, stay socially and physically active, and learn to adjust to changes in your life. Don't let anxiety and stress take over your plans for a fulfilling future.

Myths About Aging

- As you age, your health declines.
- As you age, you lose your memory.

Facts About Aging

- Some diseases become more common as we age. However, managing stress, eating healthfully, and exercising can decrease the risk of many chronic illnesses.
- If you train your brain, you can keep your memory sharp. Take on new challenges, and remember, you can learn anything at any age.

Remember: Be grateful, be mindful, express your feelings, and accept things you cannot change.

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