



FEATURE ARTICLE FROM **Always Best Care**

6 Tips for Aging More Gracefully

As the old cliché goes, “Age is just a number.” Depending on how well you take care of yourself, you can be 80 and feel like you’re 50, or 50 and feel like you’re 80. September is Healthy Aging Month and a wonderful time to reflect on your lifestyle and how you can make improvements for the future.

1. Keep your mind active.

Stay challenged at work and continue striving to learn new things. If you’re retired, get involved in volunteering or community activities that exercise different parts of your brain. The more you read, problem solve, do puzzles, [play games](#), and keep yourself thinking, the better off you’ll be.

2. Surround yourself with positive people.

The company you keep matters. It can take a toll on your physical and mental health to always be around people who have a negative attitude or are depressed. Socialize with people who make you laugh and brighten your day. This can be a great way to stay in better spirits and build lasting connections to avoid isolation as you get older.

3. Keep moving.

Exercise is important at every age. By continuing to work your muscles and joints, you can improve your balance and flexibility which can [reduce your risk of falls](#) or injury. It can also help alleviate pain. Join a fitness class, take up yoga, swim, or go on brisk walks through the neighborhood. Keeping your body in good physical health can help you to look and feel younger.

4. Maintain a healthy diet.

Just because you’re getting older doesn’t mean your diet should take a back seat. As you age, your metabolism can slow down and your body may have different nutritional needs. This makes it even more important to eat a well-balanced diet. Your doctor can help you ensure you’re eating right for your health.

5. Pay attention to your health.

Speaking of health, pay attention to your body and what it’s telling you. Early detection can help resolve or minimize the impact of many health conditions. Manage chronic health conditions to reduce risk of complications. Take care of your body now so that you’re feeling stronger and healthier as you age.

6. Save up.

Don’t forget about your [financial health](#) as well. Budgeting, investing, and saving can help you feel more secure in your financial future and give you the ability to live more comfortably in retirement. Talk to a financial advisor about your options and make sure you’re managing your money wisely.

Healthy aging can have a positive impact on your physical, mental, emotional, and social well-being. Take the time to figure out what works best for you and how you can improve your lifestyle to support a healthier future.

If you need help around your home or are looking for companionship, an in-home caregiver can be a wonderful source of support. Whether they come a few hours a week or a few hours a day, a caregiver can make a positive difference in your quality of life and promote healthy aging. [Contact Always Best Care](#) today at 1 (855) 470-CARE (2273) to learn more about our wide range of senior services.