

The 5 Top Secrets to....

# Active Aging & Longevity



If you're over 50... then, your entire life is probably much different than the lifestyle you maintained in your twenties.

And, if you're not that age yet, you will be.

So here are five key secrets to staying young and active regardless of your age:

**Physical Activity**

**Balanced Nutrition**

**Cognitive Engagement**

**Social Connection**

**Preventive Healthcare**

## Keep Moving...

Staying active isn't just about exercise—it's about keeping your body strong, flexible, and ready for whatever life throws your way.

Whether it's a brisk walk around the neighborhood, some light strength training, gentle stretching, or balance exercises, moving regularly can help you stay independent, reduce the risk of chronic illnesses, and boost your mood.

*Plus, it just feels good to get your body going!*

## Eat Well, Feel Well



You don't have to follow any fancy diets to eat healthy.

Just focus on colorful fruits and veggies, lean proteins, whole grains and healthy fats like nuts and olive oil.

And don't forget to drink plenty of water!

Vitamins like D and B12, along with minerals such as calcium and magnesium are especially important for keeping your bones strong, your immune system humming and your energy levels up.

## Keep Your Mind Sharp

Your brain loves a good challenge!

Reading, solving puzzles, learning a new hobby or even playing strategy games can help keep your mind sharp.

Staying mentally active supports brain health and can help delay memory issues down the road.

It's never too late to learn something new—and it's fun, too!



## Stay Connected

Having strong connections with family, friends, or your community isn't just heartwarming—it's good for your health.

Socializing helps reduce feelings of loneliness, boosts your mood, and even supports brain health.

Whether it's joining a local club, volunteering, or simply catching up with loved ones, meaningful connections make a big difference.



## Take Charge of Your Health



Preventive care is all about staying ahead of potential health issues.

Keep up with regular check-ups, health screenings, and vaccinations.

If you have any ongoing health conditions, following your health practitioner's advice and managing any medications you might be taking can help you stay active and independent for years to come.

**It's all about small, simple habits that  
add up to a healthier, happier you.**

**You've got this!**