

# Healthy Habits For Seniors To Keep In Mind

**If your age is catching up to you, there may be some lifestyle changes you can make to give you a boost of energy and better overall health.**

Try to incorporate a few of these health habits, with some recommendations by Life Care Services and Parent Giving to feel better and live longer.

### EXERCISE AND STAY ACTIVE

A good idea at any age, exercising as you get older helps reduce the risk for disabilities and age-related diseases. Exercise helps keep you limber—and you'll feel more energetic, too!

### EAT HEALTHY FOODS

The right diet will make it easier to remain active. Schedule an appointment with a nutritionist to find the eating plan that will benefit you the most. Dietary changes and exercise can prevent or control illnesses such as heart disease, obesity, high blood pressure and diabetes.

### WATCH YOUR WEIGHT

Weighing too much (or too little) can impact your long-term health, so follow your doctor's recommendations to find the ideal weight for you.

### STOP SMOKING

Even if you used to smoke, there are health benefits once you quit. Forgo other tobacco products as well.

### SEE YOUR DOCTOR

Regular checkups can help you stay on top of your health. Staying on top of your health is crucial, especially as you age. Follow your doctor's orders and follow the immunization schedule they provide. Also watch for any serious health problems.

### DRINK IN MODERATION

Please consume in moderation if you drink alcohol.

### PREVENT FALLS

Analyze your home for fall risks and eliminate them. Things such as loose carpets or rugs, cluttered walkways and unlit hallways should all be addressed. According to the National Council on Aging, falls are the leading cause of fatal and non-fatal injuries for older Americans.



### MANAGE STRESS

Try to limit the amount of stress you put yourself through. Exercising and meditation have shown to relieve pent-up frustration. You also should make time to socialize with friends and peers, as positive thinking has beneficial effects on our health.



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### 3rd Annual



## Senior Wellness Fair



Wed. Sept. 18th • 10am–2pm • Hildebrand Hall, Barnesville

Free Admission • Free Lunch • Door Prizes • Vendors & Services



### “Growing Whole Instead of Old”

This event is open to the aging community, their caretakers, friends and family. We welcome caregivers or people who are looking for resources for their aging parents or relatives to learn about potential support and resources available in the area.

Please join us for this fun day of Listening, Laughing and Learning!

#### Featuring

“Funnyman” Mike Kutzke  
Chaplain Deb Forsner  
Chiropractor Sean Wahl  
Writer Deb Trygstad

**Call HELPERS at 354-7090 to Register for Lunch!**