

5 SIMPLE WAYS TO PROMOTE HEALTHY AGING

Aging can be filled with opportunities for self-growth and exploration of the world around us. Keeping in touch with your neighbors, community and the world around you lowers the risk of dementia. Staying social and engaged improves your brain health.

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CREATING A HEALTHIER KENTUCKY
At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Tips for healthy aging

Here are some ideas to promote healthy aging in your life:

1. **Get active.** When it comes to exercising, keeping a routine is key. Finding a workout partner, joining a dance class or getting outside and enjoying some fresh air are all great ways to stay active and have fun while doing it!
2. **Keep your mind sharp.** Keeping your mind active can help you stay mentally sharp. Cooking new recipes, playing word or number games, learning to play a musical instrument, or joining a book club are just a few ways to exercise your mind.
3. **Keep exploring.** Keep your life exciting by visiting new places, volunteering and traveling. Local libraries, senior centers and universities have programs for all interests.
4. **Stay on top of your health status.** Over time, it can be easy to lose track of routine doctors' visits but, as we age, it is more important than ever to stay on top of our health. Remember, if you've had Medicare Part B for at least 12 months, it will pay for your annual wellness visit. Keeping up with your health conditions can help prevent serious health issues in the future.
5. **Stay motivated.** Sometimes, getting older can take a toll on your mental and emotional health. Know that you are not alone. Low participation in social activities has been shown to increase the risk of dementia. Finding a community that shares the same interest can help keep you motivated.



Fast fact

Engaging in social and productive activities as you age has been shown to lower blood pressure, improve mood and help you live longer.

Learning

The University of Kentucky offers the Office of Lifelong Learning (OLLI) program (www.uky.edu/olli), which provides educational and enrichment opportunities for people aged 50 and older.