Live Well to Age Well

How you age is partially determined by genetics but also by the lifestyle choices you make along the way. Living well now means aging well later. It's all up to you! Age gracefully with healthy life tips from NorthShore University HealthSystem.



Anti-Aging Superfoods

Berries are full of antioxidants which can help reduce the speed of cognitive decline.

TIP:

Add 1 serving of blueberries 🤝 or 2 servings of strawberries 💳 💳 to your diet each week.

Olive oil contains antioxidants and healthy fats which can improve heart and brain health.

TIP:

Include 1-2 tablespoons in your diet each day.





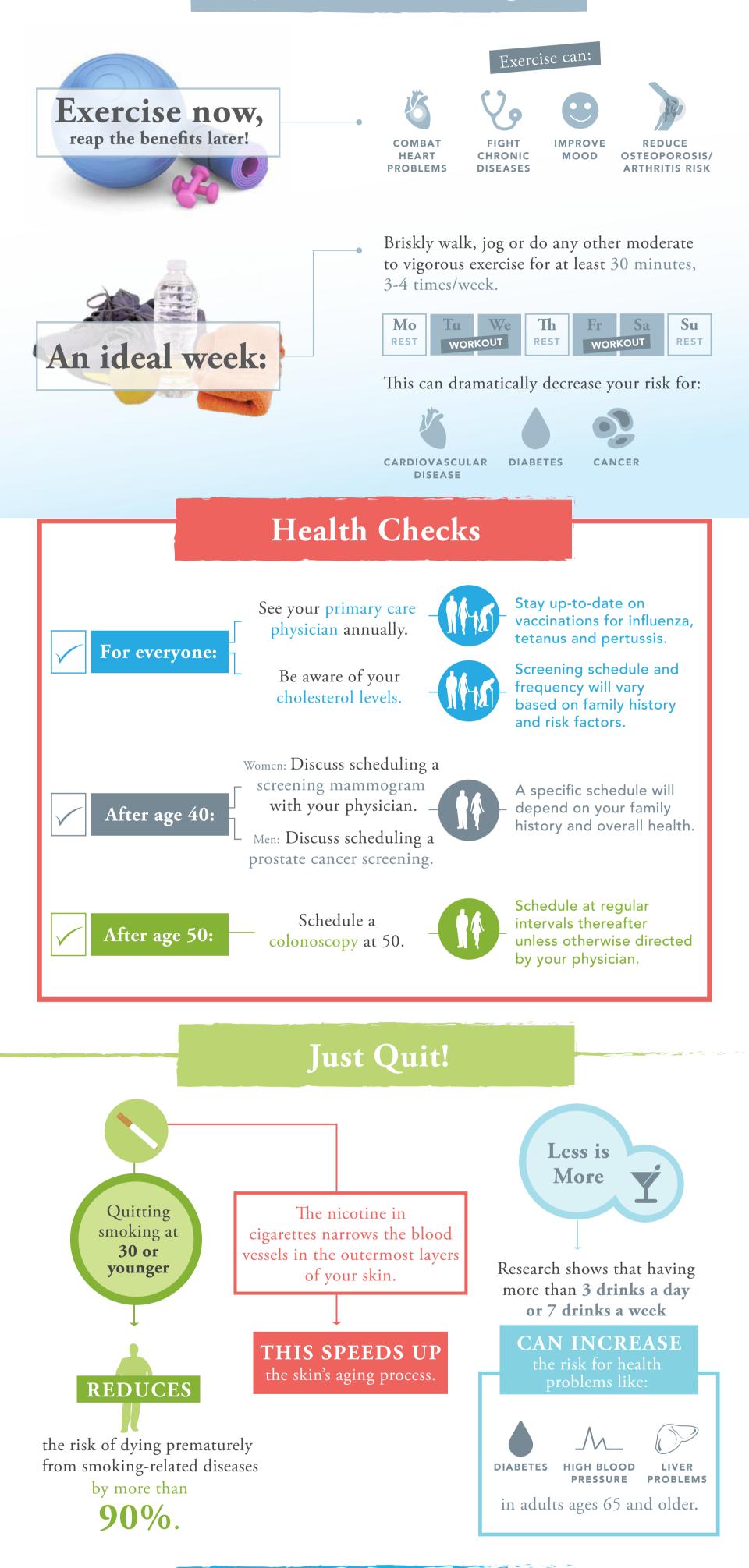
Fish contains omega-3 fatty acids which can help lower blood pressure, reduce the risk of heart disease and slow the progression of Alzheimer's disease.

TIP:

Salmon and mackerel are both high in omega-3s, as are budget-friendly sardines.

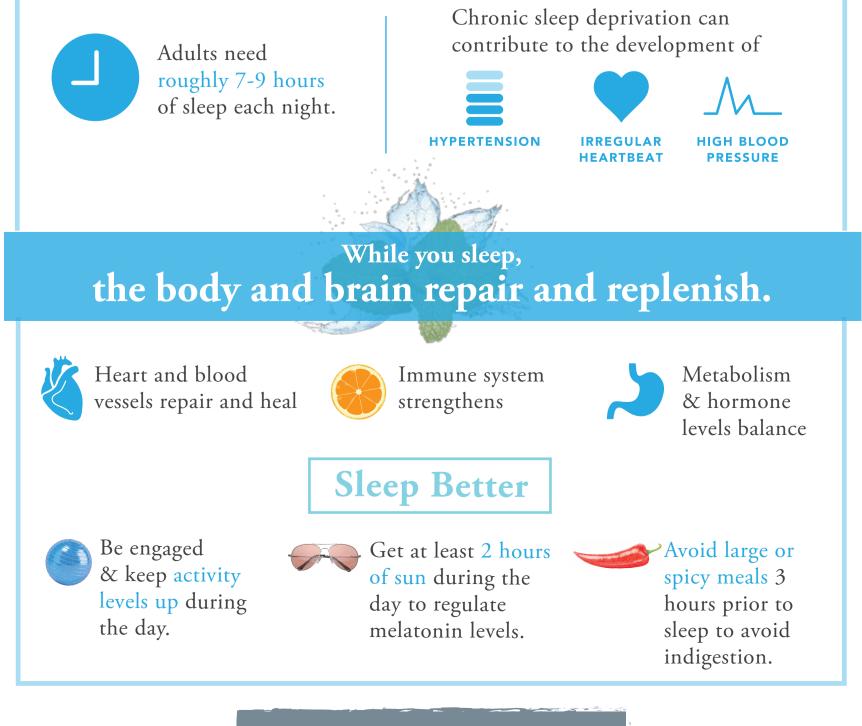


Stay Active and Energetic



Get Your Beauty Sleep

As adults age they produce less melatonin, the hormone that stimulates sleep.



Sources

northshore.org cancer.gov health.com

cnn.com mayoclinic.org health.harvard.edu

agingcare.com psychologytoday.com niaa.nih.gov