

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

Exercise now, reap the benefits later!



An ideal week:



Exercise can:

- COMBAT HEART PROBLEMS
- FIGHT CHRONIC DISEASES
- IMPROVE MOOD
- REDUCE OSTEOPOROSIS/ ARTHRITIS RISK

Briskly walk, jog or do any other moderate to vigorous exercise for at least 30 minutes, 3-4 times/week.

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|------|---------|---------|------|---------|---------|------|
| Mo | Tu | We | Th | Fr | Sa | Su |
| REST | WORKOUT | WORKOUT | REST | WORKOUT | WORKOUT | REST |

This can dramatically decrease your risk for:

- CARDIOVASCULAR DISEASE
- DIABETES
- CANCER

Health Checks

For everyone:

See your **primary care physician** annually.



Stay up-to-date on vaccinations for influenza, tetanus and pertussis.

Be aware of your **cholesterol levels**.



Screening schedule and frequency will vary based on family history and risk factors.

After age 40:

Women: Discuss scheduling a screening mammogram with your physician.
Men: Discuss scheduling a prostate cancer screening.



A specific schedule will depend on your family history and overall health.

After age 50:

Schedule a colonoscopy at 50.



Schedule at regular intervals thereafter unless otherwise directed by your physician.

Just Quit!

Quitting smoking at **30 or younger**

REDUCES

the risk of dying prematurely from smoking-related diseases by more than **90%**.

The nicotine in cigarettes narrows the blood vessels in the outermost layers of your skin.

THIS SPEEDS UP the skin's aging process.

Less is More



Research shows that having more than **3 drinks a day** or **7 drinks a week**

CAN INCREASE the risk for health problems like:

- DIABETES
- HIGH BLOOD PRESSURE
- LIVER PROBLEMS

in adults ages 65 and older.

Get Your Beauty Sleep

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



Adults need roughly **7-9 hours** of sleep each night.

Chronic sleep deprivation can contribute to the development of

- HYPERTENSION
- IRREGULAR HEARTBEAT
- HIGH BLOOD PRESSURE

While you sleep, the body and brain repair and replenish.



Heart and blood vessels repair and heal



Immune system strengthens



Metabolism & hormone levels balance

Sleep Better



Be engaged & keep **activity levels up** during the day.



Get at least **2 hours of sun** during the day to regulate melatonin levels.



Avoid large or spicy meals 3 hours prior to sleep to avoid indigestion.

Sources

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