



No one can escape Father Time. Try some of these suggestions to slow down your physical and mental aging even as your chronological age continues to climb:

**Exercise:** make being fit part of your everyday life. Combine a range of activities that include: aerobic, strengthening, flexibility and balance.

**Staying sharp mentally:** consider your brain a muscle and find opportunities to flex it. Some things that stimulate the brain...puzzles, games, new hobbies, learning a new language or skill.

**Making your health a priority:** stay current with recommended screenings for your age group. Whether your 22 or 102, there's a regular schedule to follow. If you take any medicines (including over-the-counter, prescription, herbal, etc.), make sure your doctor and pharmacist know and that you know all the details about each medication.

**Eating right:** healthy eating = higher energy levels & resistance to illness and disease among many other benefits. Tips to try: reduce salt intake, enjoy good fats, increase fiber intake, add fruits and veggies to each meal and don't skip meals.

**Tobacco:** smoking and smokeless tobacco can harm nearly every organ of your body and cause a long list of diseases. If you use tobacco in any form, quit. Support is available through 1-866-QUIT 4 LIFE.

**Expanding your personal community:** connect often with friends and family. Make new friends. Don't spend every day alone. Find support groups, get a pet.

**Finding meaning and joy:** as we age, life will change. Everyone has different ways of experiencing meaning and joy. Be flexible, as the activities and people you enjoy may change over time. Keep a sense of humor about life!

To receive an incentive while supplies last, please complete and return to your Agency Coordinator by \_\_\_\_\_, 2012  
For more information, please visit the CommonHealth website at: [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

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Agency: \_\_\_\_\_

Location: \_\_\_\_\_