

Healthy living – positive aging

Research shows that healthier aging is possible when you:

- Are socially active
- Take care of your mental health
- Continue to learn new things
- Are physically active
- Change the way you think about aging

Call a friend – it's good for you!

Your mother may have told you an apple a day would keep the doctor away. Did you know that enjoying a card game or a chat over a cup of tea can have the same effect? Social activity is an important part of your overall health and well-being.

Being social improves your brain performance, including your memory. That lowers your risk of developing dementia.

Spending time with people improves your mood and actually lowers your risk of depression.

So take the time to connect with your community! Include social activities such as bowling, visiting a community centre or just calling a friend as part of your plan for healthy living and positive aging.

How you have fun may be different as you age but it is still possible and it's good for you.



You are what you think

You have been many things in your life – a parent, a spouse, an athlete, an employee, an artist, a friend, a volunteer. And you know what? You're not done yet! You're never too old to:

- Tell your story
- Join Facebook
- Dance
- Learn
- Plan for the future

Having a positive attitude is a key part of healthy living. Your thinking patterns play a big role in how you manage changes throughout your life. Friends, family, and health care professionals can help by challenging the way we think about aging and what is possible.

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