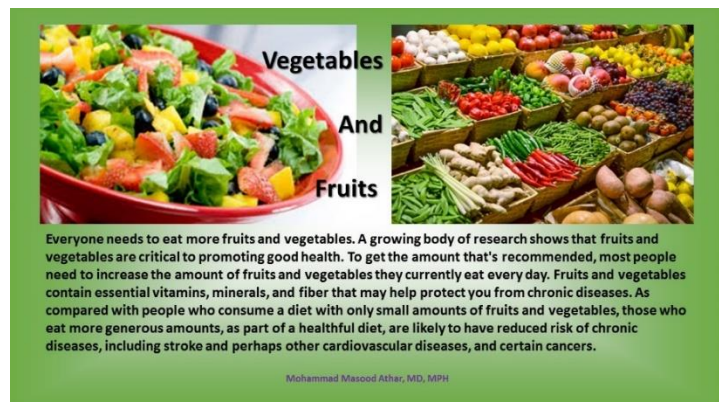


# September is Healthy Aging Month

World Health Organization states, every person in every country in the world should have the opportunity to live a long and healthy life. Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. The mission behind “September is Healthy Aging Month” is to draw attention to the importance of healthy lifestyles for adults, 45-plus. People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. Having a healthy lifestyle can help you to deal with normal aging changes and make the most of your life.


## Healthy Diet and Nutrition.

Following a nutritious diet is one of the best things you can do for your health as you age. Eating well can help prevent many health problems as you age, such as heart disease, stroke, diabetes, and obesity. It may also keep these conditions from getting worse. Your body needs a variety of nutrients to function at its best, including carbohydrates, proteins, fats, vitamins, and minerals. A healthy diet offers a balance of these nutrients. Each day, try to consume a combination of:



**Fish: Brain Food**

Seafood is known for being a natural source of vitamins and minerals. Fish has a reputation for being low calorie, high protein “brain food,” thanks to the long strands of polyunsaturated essential omega-3 fatty acids (popularly referred to as “omega-3s”) found in fish oil because its fatty acids, Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA), are important to brain and nervous system development. An optimal intake of DHA is especially essential for pregnant and nursing mothers to ensure adequate brain development in their children. Eating fish one to two times a week may also lower the risk of dementia. Omega-3 fats found in fatty fish can lower cholesterol and triglycerides. It can also help ease the inflammation that leads to atherosclerosis. Top your salad with tuna or salmon instead of chicken.



Mohammad Masood Athar, MD, MPH

-A variety of vegetables including dark leafy greens like spinach, red-orange vegetables like carrots, and beans or peas.

-A variety of fruits like blueberries, raspberries, and apples. Try to choose fresh, whole fruits when you can.

-Whole grains such as whole wheat, oats, or brown rice.

-A variety of proteins including fish, lean meat, poultry, or eggs. You

can also find good sources of protein in nuts, beans, quinoa or soy products.

-Low-fat dairy, such as low-fat milk, cheese, or yogurt. If you have trouble digesting dairy products, choose soy, rice, or almond substitutes with calcium added.

-Plant oils such as grapeseed or olive oil.

-Staying hydrated is an important part of a healthy diet, and your sense of thirst may weaken as you age.

Variety of proteins including fish, lean meat, poultry, or eggs promoted healthy ageing. You can also find good sources of protein in nuts, beans, quinoa or soy products. Low-fat dairy, such as low-fat milk, cheese, or yogurt.




**Beans for Fiber**

Add fiber-rich beans to your diet three to four times a week. Fiber may help lower blood pressure, improve cholesterol, prevent constipation, and help digestion. And because you feel full longer, eating a diet high in fiber can help you manage your weight. Top a salad with chickpeas or use beans in place of meat in soups. Beans contain complex carbohydrates to help regulate glucose levels, which is important for diabetics.

*Healthy Eating!*  
Mohammad Masood Athar, MD, MPH

### Maintain a healthy weight

Extra weight around your middle could add up to a greater chance of having multiple medical diseases and high risk of developing various cancers as well. Eat lighter and leaner by choosing fewer high-calorie foods, including refined sugars and fat from animal sources.



**Antioxidants and Aging**

Eat foods rich in antioxidants to help fight free radicals, which are unstable oxygen molecules that contribute to the aging process. Antioxidants can be found in colorful vegetables and fruits like berries, beets, and tomatoes. For a balanced diet and to help you reduce your risk of developing cancer and heart disease, add at least five servings of fruits and vegetables to your diet each day.

*Happy and Healthy Eating. Be Safe!*  
Mohammad Masood Athar, MD, MPH



### Regular Exercise

Exercise fights obesity keep you physically fit and independent. Some people use the “walk 10,000 steps a day”, participate in any amount of physical activity gain some health benefits. But for substantial health benefits, strive to get at least 150 minutes a week of moderate



activity or 75 minutes a week of vigorous aerobic activity. You can also do a combination of moderate and vigorous activity. As a general goal, include at least 30 minutes of physical activity in your daily routine and if you can do more, even better. Do something about it! Make it a goal to exercise at least 45 minutes a day. Walk, run, cycle, Get outdoors.

## Ageing is Inevitable ... Healthy Active Lifestyle Helps to Maintain Independence!

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. Aging is inevitable, at least if you are fortunate enough to live a long life; but the ability to function independently along the way isn't.

Staying mobile is one of the key components to healthy aging and being able to live independently. By 2030 nearly 20% of the US population will be 65 years old or older. Many will become physically impaired, requiring them to leave their homes and move in with children or into an assisted living facility or nursing home.

We tend to think of chronic diseases more than physical functioning as we age but maintaining physical function, being able to dress yourself or walk around the block is crucial to being able to live independently.

In a study it was found that those who had a higher intake of fruits and vegetables and a lower intake of sugary beverages, trans fats and sodium had lower rates of physical impairment than those who didn't eat as healthy. Having a healthy lifestyle can help you to deal with normal aging process and make the most of your life.



### Build Your Support System

Find someone, such as a parent, family member, teacher, faith leader, health care provider or other trusted individual, who:

- Can give good advice when you want and ask for it; assists you in taking action that will help
- Likes, respects, and trusts you and who you like, respect, and trust, too
- Allows you the space to change, grow, make decisions, and even make mistakes
- Listens to you and shares with you, both the good and bad times
- Respects your need for confidentiality so you can tell him or her anything
- Lets you freely express your feelings and emotions without judging, teasing, or criticizing
- Works with you to figure out what to do the next time a difficult situation comes up
- Has your best interest in mind



### Find a Peer Group and be socially active

Find a group of people of your age, similar thoughts, perhaps background, interest who can become your peer support system. The relationships can positively affect individuals in many ways.

- People who have common life

experiences have a unique ability to help each other based on a shared history and a deep understanding that may go beyond what exists in other relationships

-People offer their experiences, strengths, and hopes to peers, which allows for natural evolution of personal growth, wellness promotion etc

-Make it a point to reconnect with old friends communicate using available technology  
By and large it is a Social Wellness

**Pursue your dreams, hobbies.** Hiking, painting, music, art and craft etc

**Stay positive.** Try to think beyond yourself. Work towards your own health and wellbeing as well as to support your friends, neighbors, and family.



Healthy ageing is about the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience healthy ageing. Being free of disease or infirmity is not a requirement for healthy ageing and wellbeing.