

## Tips for Healthy Aging | By Michelle Johnston

### Journal Prompts – “Who is your role model?”

- Who is someone older than you that you look up to?
- What qualities do they have that you admire?
- What habits do you imagine they have that contribute to their health and longevity?

### Stress + Aging

- Stress damages our cells, which accelerates our cellular aging process (telomere degradation)
- Accelerated aging contributes to a physical appearance that makes us look older than our age
- Chronic hormones in the blood stream can contribute to cardiovascular disease

### Stress Management Technique

When you are feeling triggered, stressed or a bit out of control, regroup by engaging in a breathing technique such as this one.

**1-10 breathing meditation**

- 🌿 find a comfortable seated position.
- 🌿 close your eyes.
- 🌿 on the first inhale, count 1 (in your head).
- 🌿 on the first exhale, count 2 (in your head).
- 🌿 next, inhale “3”, etc.

**WorkingWell**



- **Wellness Wheel activity (see accompanying handout)**  
During times of stress it may be helpful to take stock of your life to see which areas of life you are doing well in and which areas need more attention. By placing your attention where it’s needed you may be able to put in 1-2 small strategies that can make a lasting impact in all areas of our life.

## Nutrition Habits | What to avoid

- **Limit fried foods** as they impact cardiovascular health and brain health.
- **Limit sugary foods and drinks**, including white flours and white rice. These foods and drinks affect blood sugar regulation. This can lead to blood sugar imbalances as well as starving your brain of valuable and needed nutrients.
- **Don't drink your calories.** Drink water or herbal tea during the day. Limit alcohol consumption to 2 drinks per week for women and 3 drinks per week for men.

## Nutrition Habits | What to do



Feed your brain with healthy omega 3 fats. Oily fish, walnuts, olive oil, avocados



Protect your cells from free-radical damage by eating the rainbow of colours.



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### Foods that strengthen brain function and memory

- **Phosphatidylserine foods:** white beans, soy beans.
- **Choline foods:** Egg yolk, fish, beef, chicken, turkey, cruciferous veggies, shitake mushrooms

## Movement + Mobility | Make Movement a Priority

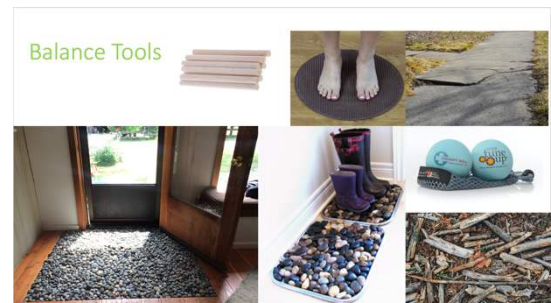
- Aim for 2.5 hours of vigorous movement each week
- Elevates mood, preserves muscle tone, improves flexibility
- Protects brain health

### Your Movement Goals

- What is your "why"?
- What movements is your body craving?
- What movement could you do that would change how you feel?

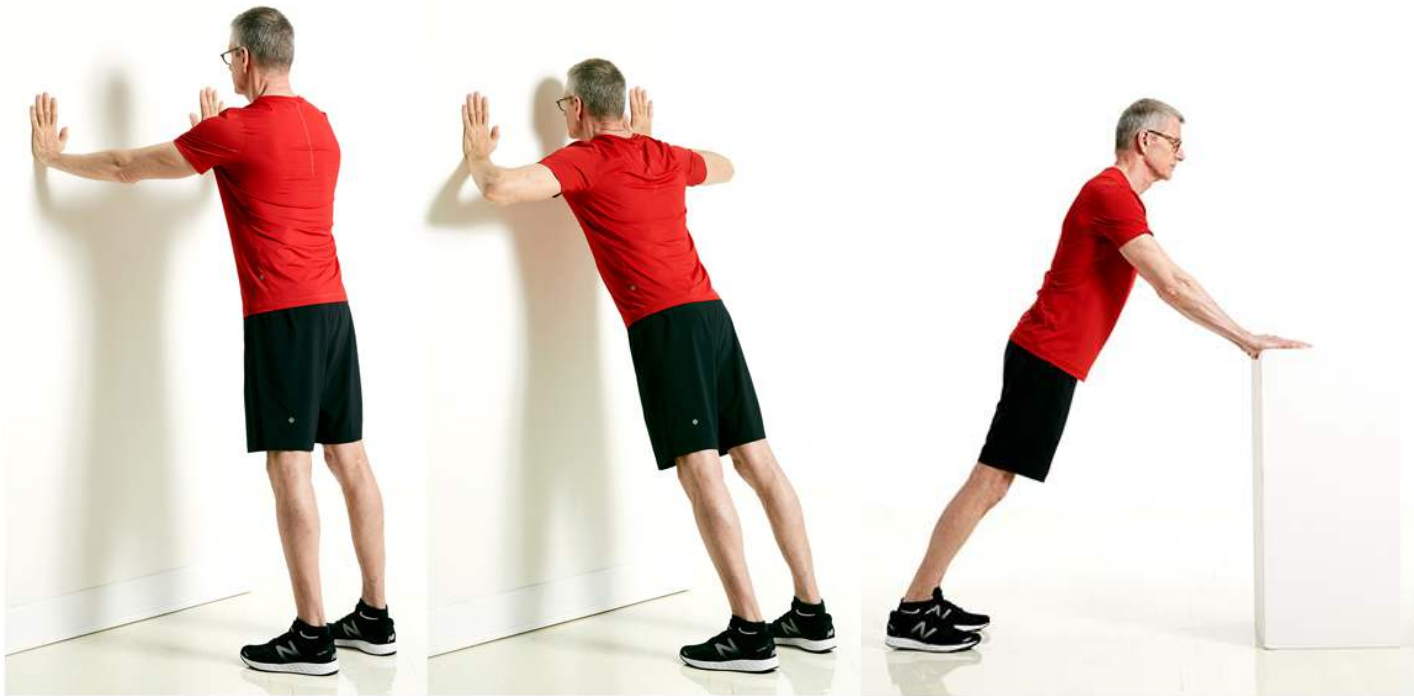
## Balance + Foot Health

- Maintaining proprioceptive nerve function
- Focus on giving your bare feet texture to walk on
- Practice being barefoot in safe environments
- Find textured surfaces for your feet to connect to



### Practice Upper Body Strength

- This will help you get up from falls and be able to live independently in older age
- Try wall or desk push-ups. Be sure you are on a stable surface where your feet won't slip
- Talk with your Doctor before engaging in new physical movements to ensure your safety



### Use your environment to help you stretch

