6 Tips for Healthy Aging

Use these 6 tips to remain active and independent as long as possible.

1. Eat & Drink Healthy
   Make healthy choices—like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.

2. Move More, Sit Less Throughout the Day
   Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.

3. Don’t Use Tobacco
   If you use tobacco, take the first step towards quitting by calling 1-800-QUITNOW for FREE help.

4. Get Regular Checkups
   Visit your doctor for preventive services, not just when you’re sick. This can prevent disease or find it early, when treatment is more effective.

5. Know Your Family History
   Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.

6. Be Aware of Changes in Brain Health
   Everyone’s brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.