

# Healthy Habits Monthly



## Aging with Grace

Staying active, confident and independent is what we all want to strive for as we age and there are simple steps we can do each day to accomplish that goal. If we continue to do what we've always done, we will continue as we always have, but it is never too late to choose to change our habits.

Here are some tips to aging gracefully in place.

**Strength training** is the number one tip for staying mentally and physically, healthier and stronger. That doesn't mean that you have to use heavy dumbbells, but consider mixing it up with a mix of resistance bands, weighted balls, dumbbells, gliders, and "pilates"-style exercises for a low-impact, body sculpting, cardiovascular workout. Making this a part of your daily routine will help you feel stronger and see results.

Taking **daily walks** can lighten and improve your mood. Getting outside or even going to indoor walking place or track gives fresh air and an opportunity to socialize. Walking is a non-stressful exercise that is good for your heart and your mood. Try to remember that you don't *have* to take a walk, but you *get* to! Find the things you are grateful for all around you as you walk, and watch your mood improve.

**Push-ups** are one of the best full-body exercises. They work the heart, back, core, shoulders, chest and legs. Try starting with just one and increasing the number each day. It can be as simple as sitting in a chair and pushing up from your lap, then doing a push-up against the wall, counter-top, or table. Next, try going from on your knees if you are able, to one knee, to a full push-up. You're never too old to start, regardless of age or fitness level.

Carving out a little time each day, morning or evening for **stretching and deep breathing** is giving your body a little extra tender loving care. You can roll a foam roller or rolling pin along your legs if they are sore, and it will feel good as it loosens the tight fascia around your muscles. To practice deep breathing, place your hands on your belly and inhale all the way down to your belly, feeling your rib-cage expand, then let out a long exhale and repeat.

**Sleep** and rest is what keeps everything in balance and is an important part of our schedules. Our bodies need time to recover, restore, and replenish.

Last but not least is having a **support system** that you can count on. Staying socially active and having someone that you check in with each day is vital for our mental health. We were made to interact with others. Also, having an accountability partner, friend, or companion to walk with, do activities with, and confide in help us to stay alert, active, and happier.

Remembering to take care of ourselves and respecting ourselves by being purposeful with what we put in our bodies, and making it a priority to take care of how we treat our bodies, will help us to live our lives while aging with grace.



## Sightseeing Across the USA

Draw a line to match the location of interest with the state where it is located.

- |                                   |                |
|-----------------------------------|----------------|
| 1. Mount Rushmore                 | Alaska         |
| 2. Kennedy Space Center           | Arizona        |
| 3. Navy Pier                      | California     |
| 4. St. Louis Cathedral            | Colorado       |
| 5. Denali National Park           | Florida        |
| 6. Niagara Falls                  | Hawaii         |
| 7. Alcatraz                       | Illinois       |
| 8. Na Pali Coast                  | Louisiana      |
| 9. The Gateway Arch               | Massachusetts  |
| 10. Glacier National Park         | Missouri       |
| 11. The Alamo                     | Montana        |
| 12. Outer Banks                   | Nevada         |
| 13. Mesa Verde National Park      | New Jersey     |
| 14. Grand Tetons                  | New York       |
| 15. Opryland                      | North Carolina |
| 16. Grand Canyon                  | North Dakota   |
| 17. Teddy Roosevelt National Park | Pennsylvania   |
| 18. The Greenbrier Bunker         | South Dakota   |
| 19. Martha's Vineyard             | Tennessee      |
| 20. Hoover Dam                    | Texas          |
| 21. The Poconos                   | West Virginia  |
| 22. Atlantic City                 | Wyoming        |

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21. PA, 22. NJ  
15. TN, 16. AZ, 17. ND, 18. WY, 19. MA, 20. NY,  
9. MO, 10. MT, 11. TX, 12. NC, 13. CO, 14. WY,  
1. SD, 2. FL, 3. IL, 4. LA, 5. AK, 6. NY, 7. CA, 8. HI,



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## Staying Prepared

In living a healthy and well life we cannot forget the importance of financial health. Financial health is work to maintain just as we work to stay physically healthy. We do this in order to lead lives with independence.

Financial health includes understanding our financial situation, which includes budgeting, investing, personal finance management. Being able to balance all of those helps us to stay prepared for the future and avoid financial challenges that may arise. It is important to be comfortable with where our money comes from and where it is going so that we can live the way we want to comfortably.

It also means knowing where it will go when we are gone. August is Make-A-Will month. Having a will in place is important for providing peace of mind for ourselves and our family, and it lets us create a legacy that lasts beyond our lifetime.

Estate attorneys recommend reviewing a will every three to five years. Having peace of mind when it comes to our finances and future lets us to continue to live comfortably with a sense of control.

Contact Care Connection at 1-800-748-7826 to find out when the next session of "A Gift of Peace of Mind" will be hosted. The programs covers wills and many other aspects of end of life planning.

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