

Conference on Aging

10 Tips for Healthy Aging

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1. Control Stress. Maintain a positive attitude.
2. Keep your sense of humor. Laughter is great medicine.
3. Don't smoke.
4. Control your blood pressure, get regular check-ups, and use medications properly.
5. Maintain good nutrition. Moderation & variety are key.
6. Get enough sleep, at least 7-8 hours per night.
7. Stay active and keep moving.
8. Exercise your brain. Use it or lose it!
9. Don't isolate yourself. Companionship keeps you healthy. This can be a partner, good friends, or a pet.
10. Live in the moment and treat each day like a gift. That's why it is called the "present."

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