

TEN TIPS FOR A LONG AND HEALTHY LIFE

1. **Don't smoke.** If you do smoke, it's never too late to quit. For help call: 1-866-NEW-LUNG Services are available in English, Spanish, and Vietnamese.
2. **Be physically active.** Thirty minutes per day (it doesn't have to be all at once) of activity is recommended. Walking is a good exercise for almost everyone. Check with your doctor before any exercise program. Just be active and move your body.
3. **Eat right.** Include at least five servings of fruits and vegetables and plenty of whole-grains grains and calcium-rich foods. Choose less fatty items and maintain a healthy weight. Drink lots of water, even if you don't feel thirsty.
4. **Be home safe.** Have a working smoke detector and replace the batteries at each time change. Keep your home well-lit and free of things that could cause you to fall.
5. **Mind your medications.** Be sure to follow instructions and watch out for side effects that interact with other prescriptions, over-the-counter drugs, or herbal supplements.
6. **If you drink alcohol, do so moderately.** One alcoholic drink per day is OK for most people. More than that can cause serious problems for seniors.
7. **Prevent disease or detect it early.** Check your blood pressure frequently. Women need a yearly mammogram and pelvic exam; men need a yearly digital prostate exam. If you have diabetes, monitor your blood sugar and protect your feet with special shoes. Don't forget to get a flu shot every year. Talk to you doctor about other recommended screenings.
8. **Protect yourself from extreme heat or cold.** Stay inside when it's either too hot or cold. In the sun, wear a hat and sunscreen with SPF 15. Be aware of electricity cost saving programs. If you use space heaters, be careful.
9. **Keep your personal health finances in order.** Explore your Medicare/Medical options. Plan for long-term care needs. Have an *Advanced Health Care Directive* made out and on hand.
10. **Make your days social and productive—then sleep well.** Keep active in the community (religious groups, social clubs, political action, senior centers, hospital volunteering, etc). Try to get at least 8 hours of sleep per night.

For information or a group presentation on any of these subjects or any senior health and safety topic contact the Office on Aging's Health Educator.



Advocacy. Action. Answers on Aging.

For senior information and assistance,
call: **1-800-510-2020**

County of Orange Office on Aging
www.officeonaging.ocgov.com

