



MORE TIPS

Adequate sleep supports physical and mental well-being. Try to get at least 7 hours and no more than 9.

Schedule regular health and vision check-ups.

Stay up to date on vaccinations like influenza (flu), COVID, herpes zoster (shingles), and tetanus.

Stay positive and enjoy each season of life.



FOR MORE HEALTHY AGING INFORMATION:



<https://foodsmartcolorado.colostate.edu/>

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STAYING ACTIVE FOR HEALTHY AGING



Tips and ideas to optimize your health

KEEP YOUR BODY AND MIND ACTIVE

Stay active and make time for social connections to support physical and mental health!

STAY ACTIVE & BE SOCIAL



Volunteer

Give your time and talent to local non-profits

Attend local events

Attend sports, music, and theatre performances. Invite friends and family along.



Join a class

Find a walking, jogging, cycling, swimming, dancing, or yoga class or club with your local recreation program.

Explore new hobbies

Pursue new hobbies and interests! Take classes to further your skills and meet like-minded friends.



PHYSICAL ACTIVITY RECOMMENDATIONS

Aerobic activity gets your heart beating faster and can help support a healthy weight.
Muscle-strengthening activities develop muscle groups and support mobility. Check with your provider before starting a new physical activity routine.

Aerobic	<p>Moderate intensity</p> <ul style="list-style-type: none"> • Walking • Yoga • Yard work <p>150 minutes per week (for example, 30 minutes a day, 5 days a week)</p>	OR	<p>Vigorous intensity</p> <ul style="list-style-type: none"> • Running • Biking • Dancing <p>75 minutes per week (for example, 25 minutes a day, 3 days a week)</p>
Strength	<p>Muscle-strengthening activities</p> <p>Include all major muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms.</p> <p>2 or more days per week</p>		

Recommendations by CDC

STAYING SAFE WHEN EXERCISING OUTDOORS

Before you go:

- Let others know where you're going and when you plan to be back.
- Wear sturdy, appropriate shoes for your activity to provide proper footing.

Bring with you:

- Your ID
- Cell phone
- Emergency contact information

While you're out:

- Walk during daylight hours or stick to well-lit places.
- Walk on a sidewalk or a path whenever possible. If not, walk facing oncoming traffic.
- Stay alert to your surroundings.
- Watch out for uneven sidewalks to avoid tripping hazards.