

13 Steps To Successful Aging



- 1. Exercise** – Check with your doctor first. Aim for 2½ hours a week of a combination of weight training and cardio, but any amount of exercise is better than none. Join an OFA Exercise Class near you! Contact us for more info.
- 2. Diet** – 25+ grams of fiber, 5-9 servings of colorful fruits & vegetables, lean protein, healthy fats, 100% whole grains. Try replacing unhealthy foods with beans, olive oil, nuts & fatty fish.
- 3. Medical** – Preventative tests & screenings. Vaccinations as needed. Don't smoke. Quality sleep.
- 4. Mental Fitness** – Try NEW things. You don't have to be good at it.
- 5. Social Engagement** – Socialize everyday with as many people as possible.
- 6. Adaptability** – If there is nothing you can do about it, learn to let it go.
- 7. Laughter** – Seek out people and experiences that make you laugh out loud.
- 8. Nurture Something** – Do the creative things that make you feel good – take care of a pet, garden, bake, write, create art, etc.
- 9. Give of Yourself** – Volunteering keeps you socially and mentally active. Contact OFA to learn more about volunteering opportunities.
- 10. Scam Prevention** - If it looks too good or too scary to be true...it is. Remember that scammers succeed by manipulating your emotions.
- 11. Personal Safety** – There are lots of free steps you can take to make your life safer. Join an "A Matter of Balance" class. Contact OFA for more info.
- 12. Plan Ahead** – Legal documents, home modifications, transportation, etc.
- 13. Advocate** – Let people know what you need to age successfully. Talk to elected officials about what steps can be taken.

....and Think Positively – Have a positive attitude. Keep a gratitude journal. If you're not the journaling type, think of something positive at every meal.

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