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.


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 **ThinkPositively** – 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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