


Live Well to Age Well

How you age is partially determined by genetics but also by the lifestyle choices you make along the way. Living well now means aging well later. It's all up to you! Age gracefully with healthy life tips from NorthShore University HealthSystem.



Anti-Aging Superfoods

Berries are full of **antioxidants** which can help reduce the speed of cognitive decline.

TIP: Add 1 serving of blueberries or 2 servings of strawberries to your diet each week.



Fish contains **omega-3 fatty acids** which can help lower blood pressure, reduce the risk of heart disease and slow the progression of Alzheimer's disease.

TIP: Salmon and mackerel are both high in omega-3s, as are budget-friendly sardines.

Olive oil contains **antioxidants** and **healthy fats** which can improve heart and brain health.

TIP: Include 1-2 tablespoons in your diet each day.



Stay Active and Energetic

Exercise now,
 reap the benefits later!

Exercise can:

- IMPROVE MOOD
- IMPROVE BLOOD SUGAR
- IMPROVE BLOOD PRESSURE
- REDUCE DEPRESSION/ANXIETY RISK

An ideal week:

Briskly walk, jog or do any other moderate to vigorous exercise for at least 30 minutes, 3-4 times/week.

Mo	Tu	We	Th	Fri	Sa	Su
10:00	10:00	10:00	10:00	10:00	10:00	10:00


This can dramatically decrease your risk for:

- CARDIOVASCULAR DISEASE
- DIABETES
- CANCER

Health Checks


For everyone:

- See your primary care physician annually.
- Be aware of your cholesterol levels.

-  Stay up-to-date on vaccinations for influenza, tetanus and pertussis.
-  Screening schedule and frequency will vary based on family history and risk factors.


After age 40:

- Discuss scheduling a screening mammogram with your physician.
- Discuss scheduling a prostate cancer screening.

-  A specific schedule will depend on your family history and overall health.


After age 50:

- Schedule a colonoscopy at 50.

-  Schedule at regular intervals thereafter unless otherwise directed by your physician.

Just Quit!





Less is

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