

HealthyBy Choice

...One Day at a Time

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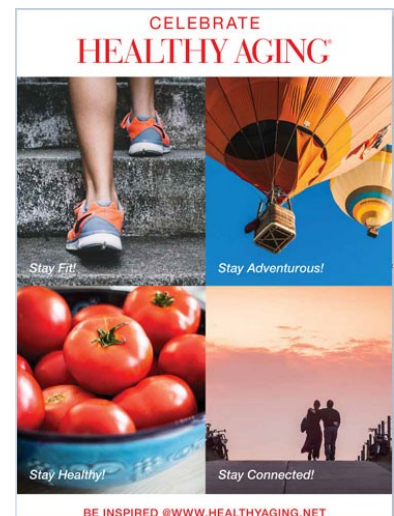
Healthy Aging Month

10 Tips for Reinventing Yourself

1. **Do not act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't look in the mirror, just FEEL IT!)
2. **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. **Ditch the downer friends.** Have negative friends who always complain and constantly talk about how awful everything is? Drop them. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. **Walk like a vibrant, healthy person.** Come on, you can do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. **Stand up straight!** You can look a few years younger with this trick your mother kept trying to tell you. Look in the mirror. Stomach in, shoulders back, chin up? See how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. **How's your smile?** People who smile more often are happier! Not only is your smile the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it right now. Pick up the phone and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee.
8. **Start walking** not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You'll adore all the puppy love!)
9. **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the [My Health Finder](#).)
10. **Find your inner artist.** Who says music lessons are only for the young? You may have an artist lurking inside you! Always wanted to play the piano, violin, or tuba...or wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Maintaining a Healthy Lifestyle As We Age

- **Get moving.** Exercise on a daily basis. Physical activity not only helps maintain a healthy body but a healthy brain, too.
- **Stay social.** Don't be afraid to make new friends no matter what your age. Make an effort to see your old friends too. Learn something new by taking a class or playing games. Give back by volunteering.
- **Stay balanced.** Practice yoga to improve your flexibility and balance. Yoga is also great for the mind and will help reduce stress.
- **Sleep well.** It's very important to rest. Try putting yourself on a schedule to ensure you are getting the right amount of sleep you need.



From healthyaging.net

* Your body hears everything your mind says. Stay positive! *

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National Cholesterol Education Month

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. However, too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels	
Total cholesterol	Less than 200 mg/dL
Low LDL ("bad") cholesterol	Less than 100 mg/dL
High HDL ("good") cholesterol	40 mg/dL or higher
Triglycerides	Less than 150 mg/dL



If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you do smoke.



Awareness saves lives!

