Healthy Aging
Keeping Your Mind and Body Active
Just the Facts

• Chronic Diseases
  – Heart disease, cancer, stroke and diabetes cause almost two-thirds of deaths each year.
  – 75 percent of money spent on health care each year goes toward treating chronic diseases.
• 92 percent of aging adults have at least one chronic disease.
• 77 percent of aging adults have at least two chronic diseases.

Just the Facts

• 12.2 million Americans, age 60+, are affected by diabetes.
• An additional 57 million people, age 20+, have prediabetes.
  – Increases the risk of getting type 2 diabetes, heart disease and stroke.
  – Lifestyle intervention reduces the risk by 71 percent for those aged 60+. 
Just the Facts

• 90 percent of Americans age 50+ are at risk for hypertension (high blood pressure).

• Women are more likely to develop hypertension.

What Can You Do?
What Can You Do?

• You can’t change your genes.
• You can change unhealthy habits that contribute to your family’s health problems.
• Take preventive steps.
  — Stay social.
  — Be mentally and physically active.
  — Keep a well-balanced diet.

Get Active

• People with arthritis, heart disease or diabetes will all benefit from regular exercise.
• Exercise can help people with high blood pressure, balance problems or difficulties walking.
• Exercise has also been shown to help improve a person’s mood and combat stress.
Physical Activity vs. Exercise

• Physical activity: Everyday activities that get your body moving.
  – Gardening, walking the dog, taking the stairs, etc.

• Exercise: A form of physical activity that is specifically planned, structured and repetitive.
  – Aerobic classes, weightlifting, tai chi, etc.

Exercise may help combat mental decline.
Physical activity can ward off chronic diseases that can increase brain problems as people age.

**Brain Health: Exercises**

**Exercise your brain**

- Puzzles: Sudoku, crosswords, word searches, etc.
- Games: Card and board games
- Book clubs
- Spectator sports (discuss results)
- Try something new!
Brain Health

Memory tricks

• Say things out loud

• Post notes to yourself as a reminder

• Get organized

• Limit distractions

Brain Health: Sleep

• Get a good night’s sleep to maintain brain health.

• Lack of restful sleep affects mental function and concentration.

• As people get older, they tend to become lighter sleepers and wake up more often.
Brain Health: Sleep Tips

- Try not to eat before bed
- Follow a schedule
- Develop a bedtime routine
- Avoid caffeine, alcohol and smoking before bed

Balanced Diet
Balanced Diet

- A balanced diet will help your mind and body.
- The brain depends on a healthy diet in order to function properly.
- Obesity is associated with an increased risk of dementia.
- Eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some types of cancer and anemia.

Bring It Together

- Calories give you energy.
- Energy gives you the ability to be active.
- Activity helps keep you healthy.
- Make small changes that you are able to stick with for a healthy lifestyle.

*There is no quick fix for healthy aging!*
Resources

- AgingCare.com
- Mayo Clinic
  - http://www.mayoclinic.org/healthy-living/healthy-aging/basics/healthy-aging-over-50/hlv-20049407
- NIH Senior Health
  - http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html
  - http://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html
  - http://nihseniorhealth.gov/sleepandaging/aboutsleep/01.html
  - http://nihseniorhealth.gov/sleepandaging/sleepingwell/01.html
- National Council on Aging

About Health Alliance

- We are local.

- We give our members tools and resources to help them be their best.

- Whether you want to learn about insurance, find helpful resources or get answers to questions about your plan, it’s easy to connect with us.

  HealthAllianceMedicare.org
Questions?

Contact us at HealthAllianceMedicare.org

OR

Visit Medicare online at Medicare.gov

Information provided in this presentation is provided for informational purposes only and does not constitute legal advice. These materials are intended, but not promised or guaranteed to be current, complete or up-to-date. Rules and regulations continue to be released that may change this information.