

THE GREAT 8 of HEALTHY AGING

SEPTEMBER

BE POSITIVE IN ALL YOUR INTERACTIONS.

When you catch yourself complaining, check yourself right there and change the conversation to something positive.

MAKE A LIST OF GOALS TO WORK TOWARDS EVERY DAY.

Setting and achieving personal goals can enhance life quality, provide a sense of accomplishment and promote a focus on progress. Share your goals with family, therapy and nursing for additional motivation and assistance.

STAY AS MOBILE AS YOU CAN AS SAFELY AS YOU CAN.

Mobility, via wheelchair and/or walking, is an important measure of independence but often can become more challenging with age. Visit your therapy department to discuss your mobility goals and find out how they can help.

SMILE WITH A PURPOSE.

Not only can smiling brighten another person's day, but it also is thought to be contagious. Neurotransmitters called Endorphins are released when you smile and can make you feel happier and reduce stress levels.

POSTURE MATTERS.

Posture can have a big influence on joint health, pain and balance. With the help of your therapy team, you can counteract postural changes that may occur as you age.

SOCIALIZE TO ENERGIZE.

Reach out to those around you and share something about yourself. Socializing can be invigorating and help form bonds with others.

MOVEMENT IS KEY.

Body movement is crucial to maintaining range of motion, strength, posture, skin integrity, balance and function. Keep your body in motion throughout the day to promote healthy aging.

FIND YOUR INNER ARTIST.

Art comes in many forms and can have a positive impact on mood and emotions. Your activities department can assist with artistic interaction to enrich your life. Enjoy music, view art, read poetry or maybe create something special.

