

## Aging Well



### Four essential goals to aging well

Take care of your heart: Prevent a heart attack

- ✓ Cholesterol: LDL under 100 mg/dL; HDL above 50
- ✓ Blood pressure: Below 120/80 mm Hg
- ✓ Fasting blood sugar: Less than 100 mg/dL
- ✓ Triglycerides: Less than 150 mg/dL

Keep your brain sharp: Exercise your brain

Keep Moving: Bones, Joints and Muscles

- ✓ Do weight-bearing exercise-Walking, dancing, stair-climbing, skiing—any activity that forces your skeleton to support your weight speeds the work of bone-building osteoblast cells. Just a half hour of brisk walking boosted two measures of bone growth in one recent study. But avoid high-impact moves such as running or jumping if you already have osteoporosis or you risk fractures.

Take care of your Skin

- ✓ Cover up
- ✓ Get adequate sleep- (Beauty Sleep)
- ✓ Moisturize at night
- ✓ Drink more water