

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress – try yoga or keep a journal.



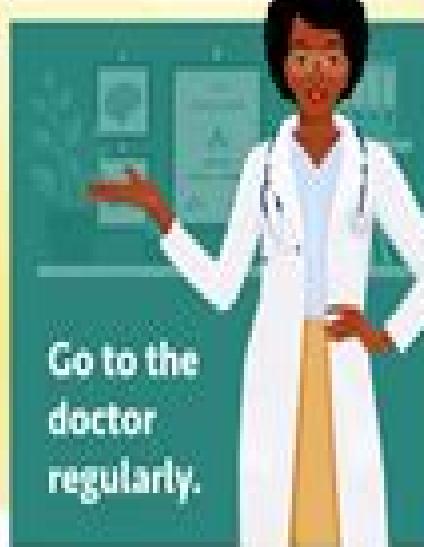
Learn something new – take a class or join a club.



Get moving – try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



National Institute
on Aging

Healthy Aging Codes Ideas

Clemens Wendtner

Healthy Aging Codes Ideas:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Healthy Aging Codes Ideas** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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