



Good for you

Tips for managing your health

They say that with age comes wisdom.

Taking better care of your body and mind now can help you make sure good health is in your future.

One of the most important things you can do for your physical and mental health is to be active. It keeps your body strong and helps with how you feel inside and out. No matter what your age or condition, there's an activity that's right for you.

So get moving. You can start with walking or any activity you enjoy: dancing, golfing, playing with your pets. Even 10 minutes a day can make a difference. And then you can work your way up to 30.



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10 tips for good health

1 Watch what you eat

Eat more vegetables, less meat and less junk food. It's that simple. As we age, our bodies change and so does the amount of food we need and how we digest it.

2 Drink more water

With age comes dehydration. Drinking a few large glasses of water every day isn't always easy. Try keeping a reusable bottle in your bag, in your car and at work as reminders.

3 Be cautious with supplements

Some may do more harm than good, especially when combined with prescription medicines. Find out which ones you really need.

4 Keep your smile

Go for regular dental checkups. There are certain dental conditions, such as dry mouth or gum disease, that can develop with age.

5 See clearly

Get your vision checked annually. It typically changes after age 40, when many will have more trouble seeing things up close.

6 Get checked, w... (ch)ai/s... (t)E