

Simple Steps to Aging Well

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Eating Right, Remaining Active and Staying Positive are Essential

Because our bodies change as we get older, it's important to understand how the aging process affects different systems so that we can adjust our lives accordingly. Keep the following tips in mind.

Fuel up wisely. Accentuate the positive when it comes to food. Diet implies a rigorous, self-sacrificed discipline that's doomed to fail. Instead, focus on achieving food goals of what you should eat each day rather than what you shouldn't eat. When you consume more fruits, vegetables, healthy fats (such as olive oil and nuts) and lean proteins, your hunger will be satisfied and you'll naturally want to make better choices.

Stay fit. As we age, our heart, lungs and other internal organs change. Our capacity to exert ourselves is reduced and our tolerance to heat, cold and humidity changes. Our muscle strength and density diminish. Our joints wear down. Our bones lose density. But this doesn't mean we can't exercise—we just need to exercise smarter. Do low-impact workouts, such as walking, and strength-train to maintain muscle tone, metabolism and bone density. Include flexibility and balance exercises, via activities like yoga, to aid your ability to function fully as you age.

Bolster brain health. Part of successful aging includes maintaining neurological health. Although certain degenerative brain illnesses can strike anyone, keeping healthy habits offers some protection. Exercising regularly and eating a healthful diet helps the brain as much as the rest of the body. Reading, doing crossword puzzles or Sudoku puzzles and learning a new skill (music, languages) all are beneficial because they require the brain cells to fire.

Adjust your outlook. Maintain a positive attitude, which is necessary for successful aging. It gives us the resolve to implement changes that will be beneficial.

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