

A resource provided by Trinity Health Faith Community Partnerships

“Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you and I will rescue you.” Isaiah 46:4

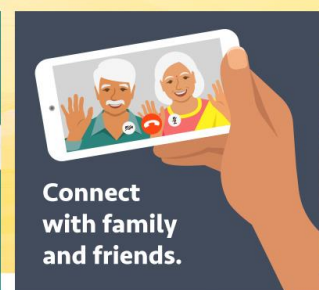
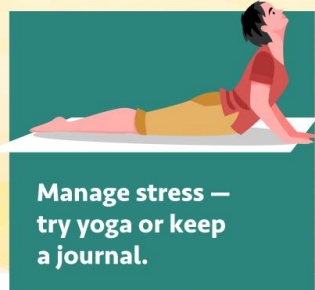
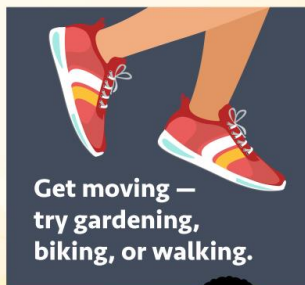
Healthy Aging Month is observed in September and raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change.¹ Maintain a healthy lifestyle to better cope with changes and to help prevent common age-related health problems.

- A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes.²
- Although age, genetics, and family history can't be changed, studies suggest that addressing risk factors such as smoking, maintaining a health blood pressure, being physically active, eating healthy, getting enough sleep, managing blood sugar, and staying engaged may prevent or delay up to 40% of dementia cases.³
- Being overweight or having obesity are linked with a higher risk of getting 13 types of cancer. These cancers make up 40% of all cancers diagnosed in the United States each year.⁴

Did you know that even small changes can help you live longer and better? Try something small today.

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.



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



Resources or References

¹Department of Homeland Security - <https://bit.ly/3WLABfT>

²National Institute on Aging - <https://bit.ly/3yDIOWu>

³CDC – Maintaining Brain Health - <https://bit.ly/4fMLZkv>

⁴CDC – Cancer - <https://bit.ly/4fLuroy>

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