

Aging Successfully

A Guide to Health Promotion Over the Lifespan



Prior to birth

1. Choose long-lived parents
2. Have your mother get regular check-ups during pregnancy
3. Have your mother not smoke or drink alcohol
4. Have your mother take pre-natal vitamins including folate.



0-20 years

1. Exercise regularly
2. Avoid obesity
3. Ingest adequate calcium
4. Eat nutritious foods
5. Wear your seatbelt



6. Do not smoke or drink

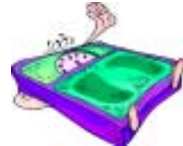
7. Get your vaccinations

8. Avoid violence and illicit drugs



20-40 years

1. Exercise regularly
2. Avoid obesity
3. Ingest adequate calcium
4. Eat fish
5. Wear your seatbelt



6. Drink in moderation and do not smoke



7. Drive at a safe speed

8. Avoid violence and illicit drugs

9. Monthly breast self-exams (females)



40-60 years

1. Exercise regularly
2. Avoid obesity
3. Ingest adequate calcium and vitamin D
4. Eat fish
5. Wear your seatbelt
6. Drink in moderation and do not smoke
7. Have your blood pressure checked



8. Get your cholesterol and glucose checked



9. Screen for breast and colon cancer, high blood pressure, and diabetes

10. Pap smears (females)

11. Have regular mental activity and socialize!

12. Avoid taking too many medicines

13. Consider hormone replacement (men)



60-80 years

1. Exercise regularly, including balance and resistance exercises
2. Avoid weight loss
3. Ingest adequate calcium and vitamin D
4. Eat fish
5. Wear your seatbelt
6. Drink in moderation and do not smoke
7. Screen for breast and colon cancer, high blood pressure, osteoporosis, and diabetes
8. Get your cholesterol checked
9. Have flu and pneumococcal vaccinations
10. Pap smears (females)
11. Have regular mental activity and socialize!
12. Avoid taking too many medicines



8. Get your cholesterol checked

9. Have flu and pneumococcal vaccinations

10. Pap smears (females)

11. Have regular mental activity and socialize!

12. Avoid taking too many medicines



80+ years

1. Exercise regularly, including balance and resistance exercises
2. Avoid weight loss
3. Ingest adequate calcium and vitamin D
4. Be screened for osteoporosis
5. Wear your seatbelt
6. Drink in moderation and do not smoke
7. Have your blood pressure checked
8. Monthly breast self-exams (females)
9. Have flu and pneumococcal vaccinations
10. Safety-proof your home to prevent falls. If you are unsteady, use a cane and consider hip protectors
11. Have regular mental activity. Socialize, and avoid being depressed
12. Avoid taking too many medicines
13. Keep doing what you are doing. Remember, most of your physicians won't reach your age!



6. Drink in moderation and do not smoke

7. Have your blood pressure checked

8. Monthly breast self-exams (females)

9. Have flu and pneumococcal vaccinations



10. Safety-proof your home to prevent falls. If you are unsteady, use a cane and consider hip protectors

11. Have regular mental activity. Socialize, and avoid being depressed

12. Avoid taking too many medicines



13. Keep doing what you are doing. Remember, most of your physicians won't reach your age!

