May You Make it to a Healthy 100!

(Edythe Kirchmaier, Facebook's oldest registered user!)

How to Live Forever

- How to Live Forever is a thought-provoking examination of what truly gives life meaning

https://www.youtube.com/watch?v=UUF8CZqKKOA

Longevity Studies: The Blue Zones

- People in the Blue Zones reach age 100 at rates 10 times greater than in the U.S.
- Blue Zones have helped researchers identify lifestyle characteristics that might explain longevity
- Blue Zones are now being built across the country to help people live longer, better lives.

Establishing healthy lifestyle behaviors throughout your life influences optimal aging

- Positive Attitude
- Eating Smart and Healthy
- Physical Activity
- Brain Activity
- Social Activity
- Tuning-in to the Times

- Safety
- Know Your Health Numbers
- Stress Management
- Financial Affairs
- Sleep
- Taking Time for You

Attitude is Everything

- Accept change
- Don’t let ageism in
- Stay mentally healthy
- Do things that make you happy
Eat Healthy and Smart

• Examine your food relationship
• My Plate
• Eat breakfast
• Control your portion control
• Eat in moderation
• Drink more water
• Eat good fat vs. bad fat
• Just say NO to sodium
• Choose the right carbs
• Eat less sugar
• Eat smart while eating out
• Count calories

Get Fit: Physical Activity and Exercise

• Four Types of Exercise
  – Balance
  – Endurance
  – Strength Training
  – Flexibility/Stretching
• Amount of Exercise
  – 150 Minutes of exercise per week (minimum)

Get Fit: Physical Activity and Exercise

Include Physical Activity in your Life:

• Make it a priority
• Make it easy
• Make it social
• Make it interesting
• Make it fun
• Make it an active decision—Exercise doesn’t just happen, you have to make it happen

Brain Health

• Socialization
• Mental Stimulation
• Physical Activity
• Nutrition
• Sleep

Be Social

• Meaningful relationships, social experiences, and activities contribute to:
  - Overall physical and mental health and well-being
  - Happiness
  - Decreased Depression

Tune-in to the Time

• Promotes life-long learning
• Increases knowledge
• Enhances problem-solving & decision making
• Exercises the brain
• Broadens social opportunities
Tune-in to the Times

- Cell Phones and Smart Phones
- Computers and the Internet
- Video Games
- Music
- Current Events

Stay Safe

- Home Safety
- Motor Vehicle Safety
- Health Safety
- Recreational Safety
- Emergency Preparedness
- Internet Safety
- Scams and Cons

Know your Numbers

- Cholesterol: <200
- Triglycerides: <150
- Blood Pressure: 120/80
- Blood Sugar: <100
- Body Mass Index: 18-25
- Waist Circumference: <40 (men) & <35 (women)

What are Your Numbers?

- BMI = Weight in Pounds / (Height in inches x Height in inches) x 703
- Waist Circumference: Place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, then measure.

Manage Your Stress

Change the situation
- Avoid the stressor
- Alter the stressor

Change your reaction
- Accept the stressor
- Adapt to the stressor

Manage Your Stress

- Identify Stress in your life
  - Good Stress vs. Bad Stress
- Healthy Ways to Manage Stress
  - Avoid unnecessary stress
  - Alter the situation
  - Adapt to the stressor
  - Accept the things you cannot change
  - Make time for you
  - Adopt a healthy lifestyle
Basic Financial Affairs

- Budget Development
- Money Management
- Wise Use of Credit
- Consumer Protection
- Saving Goals

Sleep is Important:
1. Learning and Memory
2. Metabolism and Weight
3. Safety
4. Mood
5. Heart Health
6. Disease Prevention

Sleep Tight

Sleep Recommendations:
- Use your bed for sleep and sex only
- Restrict time in bed if time spent in bed is lying awake
- Exercise in the afternoon...or early evening...not within a few hours of bedtime
- Avoid caffeine, nicotine, and alcohol at least 3-4 hours before going to bed
- Try to go to bed at the same time every night...and wake up at the same time every morning
- Keep in mind that daytime naps affect nighttime sleep.

Take Time for You

- Get to know you
- Take care of yourself
- Take a Break
- Make a “to do list”
- Be physically active
- Eat smart and drink water
- Relax
- Laugh
- Learn to say “NO”
- Create a bucket list

Aging is an inevitable process...

By embracing a healthy lifestyle throughout life you will have a greater ability to engineer a positive approach to the aging process.