

# Employee Assistance Program *Tip Sheet*

## Thriving at Any Age: A Holistic Guide to Healthy Aging



Aging well isn't just about physical health—it's about staying mentally sharp, socially engaged, and emotionally balanced. Here are five key ways to thrive at any age:



### 1. Keep Moving

Regular exercise supports both body and brain health. The CDC recommends 150 minutes of moderate activity per week (like walking or swimming) to improve heart health and two days a week of strength training to preserve muscle and bone density. Activities like dancing or yoga enhance flexibility and coordination.

### 2. Nourish Your Body and Brain

A balanced diet rich in whole foods, lean proteins, healthy fats, and fiber fuels your body and supports cognitive function. Omega-3s (found in fish and walnuts) help brain health, while antioxidants in berries may support memory. Hydration is equally important.

### 3. Prioritize Mental and Emotional Well-being

Chronic stress can accelerate aging. Practice mindfulness, deep breathing, or meditation to stay resilient. Seek support if you experience prolonged sadness or anxiety—mental health is just as important as physical health.

### 4. Stay Socially Connected

Strong relationships improve longevity and well-being. Stay in touch with family and friends, join clubs, or volunteer. Engaging with others reduces the risk of loneliness and cognitive decline.

### 5. Challenge Your Brain

Lifelong learning keeps your mind sharp. Try puzzles, reading, learning a new skill, or engaging in stimulating conversations to maintain cognitive function.

Contact your Employee Assistance Program (EAP) to learn more and get connected with resources that will help sustain healthy aging.

Sources: <https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health>, <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>, <https://www.cdc.gov/physical-activity/php/about/index.html>

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