

STAYING HEALTHY AFTER 50

7 TIPS FOR AGING WELL

- **Drink 1/2 your body weight in ml of water each day**
- **Begin a daily stretching routine to stay flexible**
- **Perform resistance training 2-3 days a week for strong bones**
- **Move for at least 30 minutes a day to get your heart rate up**
- **Be a part of the buddy system and find someone to keep you accountable in staying healthy**
- **Read a book a month to keep your mind sharp**
- **Practice being grateful daily**

YOUR NAME AND CREDENTIALS