

# 6 Health Tips for Seniors

Today's elderly generation will be living longer and more active lives than any other generation in history. Therefore, we can all expect the boomers to be there. usual rebellious selves when hitting old age. Those that will "not go gentle into that good night" should consider the following health tips – so, they don't hurt themselves as they "rage against the dying of the light."

## 1. Stay Active

Maintaining a high level of physical activity is an important part as you get older and begin to slow down. Try to maintain an active routine of physical exercise for at least two to three hours a week. This can include strength training, aerobic exercise, or other activities. The stronger and fit you are, the longer you will be mobile and independent.

Maintaining an active life is also important for your self-confidence and self-esteem. Research has shown that regular exercise maintains a fully-functional mind and balanced emotions. Physical activities in older adults can also allow you to lower the risk of heart disease, cancer, and other injuries. [See here](#) for more information on mobility.

## 2. Protect Your Skin

As we age the tissues of the body begin to lose their youth and strength and become more delicate. The skin is one such example of body tissue that should be preserved. We are generally more prone to bruising and small injuries can become infected and take longer to heal. Older adults are also more likely to contract skin cancers.

A good way to protect yourself from age-related skin problems is to stay out of the sun. Wear protective hats, apply solar protection creams with a high SPF and never go out in the sun

for more than 10 minutes if your shadow is shorter than your full height. Remember that the skin is the largest organ in the body and requires plenty of care to protect you from your environment.

### **3. Manage Stress**

Now that you are mature you may think you will be completely free from stress, but not so. Stress can follow you into your later years as well. This could be due to financial matters, deaths, dread, or other anxieties.

But just as in your younger years, stress will have to be dealt with here as well. Many of the same techniques you have honed since your midlife turmoil can be applied here as well, including meditation, yoga, breathing exercises, journaling, being thankful, spending time with friends and family, caring for pets, etc.

### **4. Quit Smoking**

If you have been smoking for many years, this is a good time to quit that nasty habit. Elderly people who smoke are prone to chronic illness and even sudden death. The fact of the matter is, that smoking is one of the hardest habits to kick because it can be severely addictive.

Nevertheless, even if you have been smoking for many years now it is never too late to kick the habit and gain a whole new lease on life. As you know, smoking can cause throat, mouth, tongue, cancer as well as [COPD](#). IT can also increase your risk of stroke, and many other ailments.

### **5. Eat Well**

The food you eat is your best medication. A diet suited to your health conditions, strengths, weaknesses, and tastes can be your greatest joy and the cornerstone of good healthy living in your senior years. As your appetite shifts and your

dietary needs change, your diet should be adjusted to provide the nutrients you need for good health.

A healthy diet is essential to maintain the balance that will prevent small problems that can lead to more serious problems. For example, excess weight can lead to problems in the joints and bones. Furthermore, a healthy diet replete with the various essential [vitamins, minerals and supplements](#) that the body needs to stay healthy will prevent conditions caused by nutrient deficiencies.

Eating well is simple. Cut down on processed foods and foods high in sodium, sugars, and irritants. Choose foods that are selected for the nutrient content and your personal preferences. If you are just beginning, a consultation with a nutritional expert and a food journal can be helpful to plan the best diet for you.

## **6. Prevent Falls**

Falls are a leading cause of serious injury in older people and can have very serious consequences. As we age, our balance, joints, grip, and body strength tend to decline considerably. For many elderly adults, a devastating fall can suddenly happen out of nowhere.

Do what you can to prevent these devastating accidents. Begin by arranging your home in a way that will prevent any serious falls. Get rid of loose rugs, clear clutter from the floor, don't leave things on the stairs, place cords behind furniture, and do everything you can to keep accidents from happening. You can also practice daily yoga and exercise routines that will balance the body and make it less likely to fall and more resilient in case of a fall.



Photo by Austin Distel on Unsplash