ONE DAY AT A TIME

ACING OLD AGE

BECAUSE WE'RE LIVING A GREAT DEAL LONGER THAN OUR GRANDPARENTS, AND BECAUSE THE FATE OF ENTITLEMENT PROGRAMS LIKE MEDICARE LOOKS INCREASINGLY BLEAK, THOSE OF US IN PREVENTIVE MEDICINE BELIEVE THAT IT'S CRUCIAL FOR INDIVIDUALS TO TAKE THE BULL BY THE HORNS WHEN IT COMES TO HEALTH. WORKING ON JUST A FEW HABITS CAN IMPROVE YOUR LONGEVITY & QUALITY OF LIFE, REMEMBER SENIORS RULE.

DON'T SMOKE. IT'S A BIG HEALTH THREAT.

EXERCISE TO KEEP YOUR BODY STRONG.

NOURISH YOURSELF WITH PROPER NUTRITION.

INVOLVE FAMILY AND FRIENDS IN YOUR HEALTH CARE.

PARTNER WITH A DOCTOR FOR PREVENTIVE MAINTENANCE.

READ TO STIMULATE YOUR BRAIN.

ALWAYS PRACTICE SAFE DRIVING SKILLS.

UNDERSTAND YOUR MEDICAL CONDITIONS & MEDICATIONS.

LOSE WEIGHT. LONGEVITY IS ASSOCIATED WITH LIGHT BODY.

ENSURE GOOD VISION & HEARING WITH REGULAR EXAMS.