

## HEALTHY AGING

SOCIALIZATION—BEING CONNECTED WITH OTHER PEOPLE IS MOST IMPORTANT. SUPERFICIAL—CONTACT SUCH AS SAYING HELLO TO YOUR MAIL CARRIER. CONTACT THROUGH COMMONALITY—BELONG TO A CHURCH, BE A MEMBER OF A CLUB. INTIMACY—GIVING IS MORE IMPORTANT THAN RECEIVING. WE SHOULD HAVE MANY FRIENDS AT THIS LEVEL.

EXERCISE—TRY FOR 20 MINUTES AT A TIME AT LEAST THREE TIMES A WEEK. AEROBIC. ANAEROBIC—INVOLVES RANGE OF MOTION EXERCISES. STRETCHING—BALANCING—TAI CHI IS BEST FOR THIS. MIND-BODY OR SKILL ACQUISITION—TRY PLAYING SHUFFLEBOARD

GOOD HEALTH CARE—YOU ARE THE CAPTAIN OF YOUR HEALTH CARE. TAKE CARE OF YOURSELF.

GOOD STRESS REDUCTION—STAY AWAY FROM ANGER AND FRUSTRATION. YOUR GOAL IS TO ACHIEVE AN EVEN FLOW STATE WHERE OUR TASKS ARE MET BY OUR TALENTS.

### USE OF TALENTS

—USE YOUR TALENTS FOR YOURSELF AND OTHERS. BE HAPPY IN YOUR WORK AND LOVING.

AVOID ACCIDENTS—ALWAYS WATCH OUT FOR WHO HAS THE RIGHT OF WAY, WEATHER, CAR ENVIRONMENT, BEST CLEAR-HEADED, FEELING GOOD, CALM, RESTED AND ALERT. SOME FOLKS SIGNAL AND OTHERS DON'T.

REST ONE DAY A WEEK

MAXIMIZE YOUR SPIRITUAL LIFE—INTIMACY WITH GOD IS AN EXCELLENT RESOURCE. WORK'S 4 ME!!!