

**AGE GRACEFULLY AND ACTIVELY**



**EAT WELL - EXERCISE - DON'T SMOKE**



**PICH**

Partnerships to Improve  
Community Health



Message made possible by funding from the Centers for  
Disease Control and Prevention.

# HOW TO AGE GRACEFULLY AND ACTIVELY

## **ACTIVE LIVING IS ESSENTIAL FOR ADULTS AS THEY AGE**

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance; prevent injuries; and stay independent
- Reduce your chances of becoming depressed
- Improve your ability to think, learn and make decisions

## **GETTING STARTED**

Here are 10 tips from the PICH Program, and the editors of WebMD and Healthy Aging magazine, to help you age gracefully... and actively.

### **1. See your doctor**

*Get an annual checkup. If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.*

### **2. Start slowly**

*If you weren't exercising before, begin with 10-minute sessions and gradually build up to 30 minutes. Set a long-term goal to do 30 minutes of activities five times a week to maintain a healthy body and brain.*

### **3. Mix it up**

*To raise your heart rate, try walking at a fast pace, dancing, swimming, or raking leaves.*

### **4. Stay social**

*Take a class, play games, see old friends and make new ones. **If you belong to a faith-based group, join the PICH Program's Interfaith Active Living Initiative. PICH can help your organization create fun-filled, low-impact activities that promote wellness and fellowship. Healthy seniors have healthy spirits. Get details in the flyer below.***

### **5. Bulk up**

*To build strength, lift hand weights, bottles of water or cans of food. Eat beans and other high-fiber foods for digestive and heart health.*

**6. Add some spice**

*Add herbs and spices to your healthy meals for flavor and if medications dull your taste buds.*

**7. Stay balanced**

*Practice yoga or tai chi to improve agility and prevent falls.*

**8. Sleep well**

*An average adult needs between 7.5 and 8 hours of sleep per night.*

**9. Don't smoke**

*If you're a smoker, call the Georgia Tobacco Quit Line at **1-877-270-STOP** for help breaking the nicotine habit. And if you don't smoke, don't start.*

**10. Don't overdo it**

*Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.*



Healthy Seniors  
*have*  
Healthy Spirits

Encourage Your Faith-Based Organization  
to Join the Interfaith Active Living Initiative

**Benefits of Membership**

- Low Impact Activities
- Better Overall Health and Wellness
- Fun-Filled Fellowship
- Educational Materials, Training and Assistance Provided by PICH Program

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