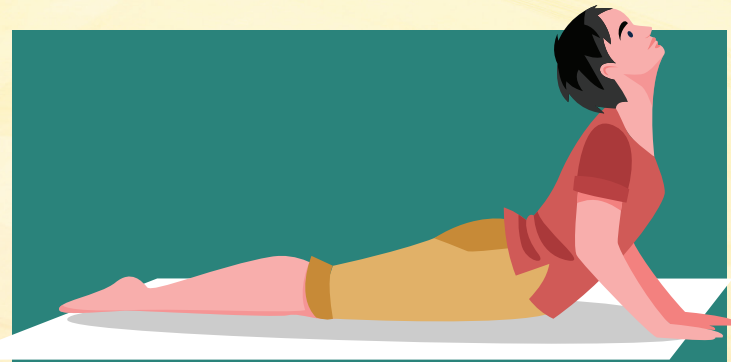


# Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



**Manage stress —  
try yoga or keep  
a journal.**



**Learn something  
new — take a class  
or join a club.**



**Get moving —  
try gardening,  
biking, or walking.**



**Choose healthy foods  
rich in nutrients.**



**Go to the  
doctor  
regularly.**



**Connect  
with family  
and friends.**

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).