

Healthy Aging



Aging is a part of life. Suddenly you realize you aren't a spring chicken anymore. Where did the time go? Aging isn't easy, but it's never too late to tap into your internal fountain of youth. You CAN be younger if you treat your body and mind well.

Get enough sleep each night. About eight hours of sleep rejuvenates your body, promotes healing, and makes you ready for another day. Without adequate sleep, decision-making skills are slower, illness and stress defenses are reduced, and you lack energy for optimal performance.

Daily exercise keeps joints and muscles strong, circulation moving, and blood vessels flexible. Exercise fends off age-related issues such as arthritis, chronic pain, cardiovascular disease, diabetes, and depression. Hydration helps you stay active and healthy.

As we age, nutrition takes on special importance. Antioxidants in fruits and vegetables fight cancer-causing free radicals. Fiber from whole grains, fruits, and vegetables keeps your digestive system regular and blood vessels clear of plaque. Lean protein maintains your body's structures, while limiting fat in your diet. Some people experience a reduced appetite as they age. Regularly eating small amounts of nutritious foods 3 to 5 times a day promotes good health.

Preventive screenings are important as you age. Early detection of chronic disease can contribute to an effective treatment plan. Work with your primary care provider to determine appropriate screenings for you. Maintain personal records of your screening results and family history. These acts, when done consistently, will add vitality to all of your years!



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

SEPTEMBER 2012



"We are guests in our patients' lives. We believe in providing evidence-based care and care that is guided by individual patient preferences, needs, and values."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	★ Labor Day	📁 Weight Loss Convoy	📁 Weight Loss Convoy ALUMNI Meeting	6	📁 Hanford WorkFit Leader Training	8
9	10	📁❤️ Weight Loss Convoy National Service & Remembrance Day	12	📁 13 Site-Wide Health Fairs	14	15
16	17	📁 18 Weight Loss Convoy	19	20	21	22
❤️ 23 Active Aging Week	❤️ 24	📁❤️ 25 Weight Loss Convoy	❤️ 26	❤️ 27	❤️ 28	❤️❤️ 29 Family Health and Fitness Day USA
30	❤️ America on the Move - Month of Action ❤️ Healthy Aging Month		❤️ Fruit & Veggies Month ❤️ National Cholesterol Education Awareness Month			

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Service Spotlight: "Quit It" Tobacco Cessation Program We offer Hanford employees a 10-week tobacco cessation program that includes one-on-one counseling, group support, weekly education, and nicotine replacement therapy (patches, gum, lozenges) at no cost. The program is hosted twice per year, and registration is required. For the next available class or more information, call Health Education at 376-3939.

- ❤️ Health Observance
- 📁 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____