



12 Tips for Healthy Living—All Year Long

Good health isn't about quick fixes or New Year's resolutions—it's built through small, consistent habits that support your body and mind throughout the year.

“The greatest wealth is health.” - Virgil

“Take care of your body. It's the only place you have to live.” -Jim Rohn

1. Lift Your Mood During the Winter Months

Support your mental health by staying active with gentle movement like walking around the house or seated exercises. Include vitamin D-rich foods such as eggs and salmon, and stay socially connected with friends and family.

2. Stay Comfortable and Safe Indoors

Keep warm by blocking drafts with rolled towels at doors, closing curtains or blinds, and dressing in layers - even when staying inside...but don't forget to let the sunlight in when it's shining bright!

3. Add More Leafy Greens

Spinach is packed with vitamins, minerals, and plant compounds that work together to support good health. Try it in meals like baked chicken with seasoned spinach or add it to scrambled eggs or soups! Note: Be mindful to avoid this tip if you take Coumadin (Generic Name: Warfarin)

4. Keep Stress in Check

Managing stress supports both physical and mental health. Try safe exercises like balance work or light strength training, and fuel your body with fruits, vegetables, whole grains, healthy fats, and protein.

5. Support Healthy Blood Pressure

This starts with knowing your numbers! Purchase a blood pressure monitor to keep track at home, or participate in monitoring opportunities at medical or dental appointments, or at your local senior or community center health events!

6. Make Eating More Comfortable

The act of swallowing is extremely complex. It is estimated to involve at least 30 pairs of muscles and multiple nerves, and we do it often! We swallow about 600 times a day and don't even think twice about it. Swallowing can be something we all take for granted – that is, until a problem occurs. Tell your doctor if you are having difficulty, but also start to focus on soft foods (smoothies, eggs, soups, tender meats, cooked veggies) and determine if this process is easier with or without liquids while eating.

7. Enjoy the Benefits of Beans

Beans are rich in fiber, protein, folate, iron, and magnesium. They support digestion, help regulate blood pressure, and may lower the risk of heart disease and type 2 diabetes. Add them to salads, soups, rice dishes, or blend them into dips.

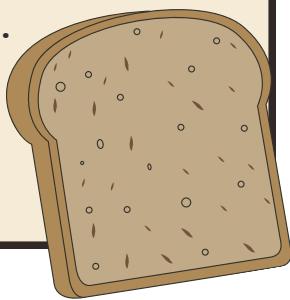
8. Reduce Food Waste at Home

Saving food saves money and energy. Store produce where you can see it, only buy what you will actually eat, and freeze fruits and vegetables before they spoil to use in soups, stir-fry, or smoothies.



CHALLENGE

SANDWICH BREAK!
Unscramble the things
you often use to make a
sandwich.



dr a b e _____

ey l j l _____

cl u t e e t _____

d r u m t a s _____

o o m a t t _____

e s h e c e _____

k r y u t e _____

f e b e _____

u p e n a t t r u b e t _____



g l o o n a b _____

9. Practice Food Safety Every Day

Clean hands and surfaces, keep raw foods separate, cook foods to safe temperatures, and refrigerate leftovers promptly. Keep in mind: When in doubt, throw it out!

Tip: Hands should be washed for 20 seconds.

10. Review Medications Regularly

Bring medications and supplements to your pharmacist for a review. They can check for interactions, duplication, and possible cost-saving alternatives. Don't forget to call ahead and schedule an appointment first!

11. Check for Fall Hazards

Get rid of dangerous throw rugs, move extension cords, and turn lights on to ensure a clear walking path. If freezing rain or ice is in the forecast, stay home and inside. Don't even think about 'just going out to get the mail!' If you must go somewhere, remember to Walk Like a Penguin!

12. Socialize and Stay Connected

Spending time with others supports emotional health and overall well-being. Stay connected by calling a friend, sharing a meal, attending group activities, or participating in community programs. Say YES to invitations! Even small moments of connection can lift your mood and reduce feelings of isolation.

DON'T FORGET

Protect Yourself from Future Illness -
Ask your doctor about which vaccines are
right for you: COVID-19, Influenza, RSV,
Pneumococcal, Tdap, Shingles

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<https://www.dcdhs.com/Disability-and-Aging/Senior-Services/Senior-Nutrition-Program>

Answers: bread, lettuce, tomato, turkey, peanut butter,ologna, jelly, mustard, cheese, beef