



Good for you

Tips for managing your health

They say that with age comes wisdom.

Taking better care of your body and mind now can help you make sure good health is in your future.

One of the most important things you can do for your physical and mental health is to be active. It keeps your body strong and helps with how you feel inside and out. No matter what your age or condition, there's an activity that's right for you.

So get moving. You can start with walking or any activity you enjoy: dancing, golfing, playing with your pets. Even 10 minutes a day can make a difference. And then you can work your way up to 30.

aetna[®]

[aetna.com](https://www.aetna.com)

10 tips for good health

1 Watch what you eat

Eat more vegetables, less meat and less junk food. It's that simple. As we age, our bodies change and so does the amount of food we need and how we digest it.

2 Drink more water

With age comes dehydration. Drinking a few large glasses of water every day isn't always easy. Try keeping a reusable bottle in your bag, in your car and at work as reminders.

3 Be cautious with supplements

Some may do more harm than good, especially when combined with prescription medicines. Find out which ones you really need.

4 Keep your smile

Go for regular dental checkups. There are certain dental conditions, such as dry mouth or gum disease, that can develop with age.

5 See clearly

Get your vision checked annually. It typically changes after age 40, when many will have more trouble seeing things up close.

6 Get checkups and screenings

Keep current with your health — see your doctor for preventive care. Ask about cancer screenings and which tests may be right for you.

7 Wear sunscreen

Your skin becomes less able to protect itself from UV rays with age. And that can increase your chances of developing skin cancer.

8 Reduce alcohol

Our bodies are less able to process alcohol as we age, taking its toll on your liver, heart and more. Even if you drink in moderation, consider cutting back.

9 Stay connected

Things change — families, responsibilities, relationships and careers evolve. Keep up with your social circle and check in with your health care provider if you're feeling overwhelmed.

10 Exercise your mind and body

Engage in brain exercises, such as puzzles, which may help protect against memory loss. And be active — even 10 minutes a day can make a difference.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

The Aetna logo is displayed in a bold, purple, lowercase sans-serif font. The letter 'a' is stylized with a small loop at the top. A registered trademark symbol (®) is located at the top right of the 'a'.