



# Take control of how you age

The aging process is inevitable, but Moda Health believes we all have a choice in how we age. To help encourage you to live healthy at any age, here are a few tips to help you a take control of how you age and stay in tip-top condition for many years to come.

1. **Get moving** – Regular exercise helps maintain a healthy body and brain.
2. **Stay social** – Take a class, volunteer, see old friends, and make new ones.
3. **Bulk up** – Eat beans and other high-fiber foods for digestive and heart health.
4. **Add some spice** – Add herbs and spices to your meal if medications dull your taste buds.
5. **Stay balanced** – Practice yoga or tai chi to improve agility and prevent falls.
6. **Go on a hike** – Brisk daily walks can bolster both your heart and lungs.
7. **Get enough rest** – Talk to a sleep specialist if you don't sleep soundly through the night.
8. **Beat the blues** – If you are feeling down, see a doctor. Depression can be treated.
9. **Sharpen your mind** – To aid your memory, make lists, follow routines, slow down and organize.
10. **Embrace your age with knowledge, experience, and a zest for healthy living.**

## Something to keep in mind

Physically inactive people can lose as much as 3-5 percent of their muscle mass each decade after age 30. Even if you're active, you'll still have some muscle loss. As you age, you can slow down muscle loss (also called sarcopenia) by increasing strength training with endurance activities such as using weights or resistance bands.

Source: [webmd.com](http://webmd.com)



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