

YOUR
A to Z
GUIDE

Living and Aging the Way You Want

Taking good care of yourself doesn't have to be complicated or difficult. It's the little things you do that add up to becoming the best you can be, no matter your age.

a ATTITUDE



It's everything right? When you focus on thinking positive thoughts, it can be infectious, motivating and inspiring.



BALANCING ACT B



Staying on your feet is crucial both figuratively AND literally. Balance keeps us upright and is essential to fall prevention. Start incorporating balance exercises into your day.

CHECKMATE C




Flex your mental muscles so you can improve your memory, attention, and problem-solving skills! How? By playing strategy games like chess, doing jigsaw puzzles, working crosswords, using cognitive exercise & meditation apps on your phone/tablet, learning something new, taking a computer class, or volunteering.

DETOX d



With all of the deep cleansing breaths you take, you'll want to make sure the air you're breathing is as clean as it can be. Introduce houseplants such as aloe vera, english ivy or bamboo palm to your home to naturally clean your indoor air supply.

EUCALYPTUS



A great way to decompress after a long day! Hang some fresh clippings or put a few drops onto a washcloth and add to your warm shower. Known to alleviate congestion, headaches, stress and more.

FAMILY TREE



Genetics don't have to be a mystery anymore now that you can test your own DNA. Kits such as 23andMe can reveal ethnicity and origin, provide health and wellness information and maybe even trace your lineage back to an important historical figure.

GIVE HUGS



The late Virginia Satir, psychotherapist and pioneer in family therapy, believed we need "four hugs a day for survival, eight hugs a day for maintenance and 12 hugs a day for growth." Hugs benefit both the giver and the receiver by boosting oxytocin levels, decreasing stress, improving mood and increasing overall happiness. It's science.



HIT THE ROAD



Inspiring creativity, improving your mood and eliminating stress are just some of the benefits of traveling. What destinations can you cross off your bucket list this year? If you don't want to go too far, trying visiting a local state park.

I IN THE KNOW



Knowing your numbers is easier than ever with online medical charts. You can review your most recent test results and oftentimes you can create graphs to evaluate them against past results. Stay ahead of your health and make prevention a priority!

J JUVENESCENCE



"The state of being youthful or growing young." You're never too old to have a dream, try new things or explore your own imagination.



K KEEP IT MOVING



Spend too much time seated? Many of us do. Whether it's because you're at a desk or in front of the television - sitting for too long can be detrimental to your health. So get up, have a stretch, take a walk, do exercises from your chair. Just keep it moving.

LIVE WITH LESS



Whether your lifestyle has changed or you're ready to spend less time at home so you can travel more - downsizing can be a freeing experience. Start small by cleaning out a drawer or closet shelf and begin with spaces you use the least.

METABOLISM



m

Your body's process of turning food and water into energy. Increase your metabolism by choosing a balanced diet, getting regular exercise and keeping yourself hydrated.

NATURE



Nature in large doses is being prescribed by some doctors. Spending just a few hours a week outside can impact your overall health and wellness leading to reduced stress levels, boosted creativity and improved cognition.

OPEN YOUR LUNGS



Deep breathing cleanses the body of toxins allowing it to function more productively, relieves stress and aids in lowering your blood pressure.



PICK A PODCAST



P

There are so many options. Entertainment, finance, history, true crime, humor, health, and wellness - there's something that appeals to just about everyone. Find a podcast that interests you and tune in. For those with hearing impairment - many of the most popular podcasts offer written transcripts for you to enjoy.

“QUOTABLE”

Have you read something or heard a statement that stuck with you? There is a reason it struck a chord so write it down, make it your screen saver or incorporate it into your daily affirmations. This little bit of motivation or inspiration can go a long way.

Review your finances. Track your spending, shop annually for the best insurance rates, and take advantage of all of the tools available now to help you set goals towards saving. It's never too late.

R REGULARLY REVIEW



SPICE IT UP

Taste buds decrease as you age affecting your ability to distinguish between sweet, sour, salty and bitter foods. By incorporating fresh herbs and spices into your recipes, or exploring new recipes altogether, you'll stimulate your palate and won't be relying solely upon salt and pepper to flavor your foods.

TOUCH YOUR TOES



Increasing your flexibility not only makes everyday activities easier, but it can also put less stress on your joints and decrease the risk of injury. Bookend your day with some static (no bouncing) stretches.

UNPLUG



Technology offers us so many solutions in this modern age, but it can also become a distraction. Give your senses a break and turn off your electronics for a few hours a week so you can celebrate the simple things. If you enjoy journaling, meditation, taking a solo walk, sitting quietly to reflect or reading a good book, make it a priority.

VIVALDI VALENS VAN HALEN



Whatever your pleasure, music strengthens both learning and memory and can elevate your mood. Whether you listen to the radio, song lists on your phone or live performances, staying connected to music can increase your happiness and cognitive function.



WATER, WATER EVERYWHERE



If you haven't heard by now how important hydration is, let us be the first to tell you. Staying hydrated is key to your body's optimal performance impacting everything from brain function to weight control.

EXPERTISE



Share something with the world. Whether it's your time, talents, or your unique perspective - see yourself as a resource. There is someone out there looking for your expertise.



We often think of all the reasons not to do something. Stop making excuses and start saying YES!



Lack of sleep can reduce stamina, decrease mental clarity, impact mood and affect speech. Get the hours you need by maintaining a consistent wake and bed time, cutting back on caffeine, turning off backlit screens one hour before bed, and avoiding naps.

Confident Living

A LIFE ENRICHING COMMUNITIES PROGRAM

The Choice in Wellness Lifestyle.SM

Confident Living is offered by Life Enriching Communities (LEC). Best known for our Twin Towers and Twin Lakes senior living communities, LEC has made aging well a top priority for nearly 120 years.

- Confident Living: 513-719-3522

For additional resources you can visit us online at:
www.confident-living.org



Life Enriching Communities is affiliated with the West Ohio Conference of the United Methodist Church and welcomes people of all faiths. We do not discriminate and we provide free assistance in your native language, if needed. Find our complete non-discrimination policy at confidentliving.org