



## **National Healthy Aging Month**

Clearwater, FL – September 3, 2021- September is Healthy Aging Month, a time to focus national attention on the health and well-being of older adults. This month is a great reminder of the importance of prioritizing not only one’s physical health, but one’s mental and emotional health as well. Adopting healthy habits and behaviors can help one manage the changes that our minds and bodies experience as we age. As the number of older adults in the population is growing, and people in the U.S are living longer, it becomes increasingly important for older adults to stay healthy and get started on better health practices to remain active and independent for as long as possible. There are many helpful tips you can incorporate into your daily routine to ensure healthy aging.

**Regular Physical Activity.** Exercising regularly can help you retain your mobility longer, maintain a healthy weight, and lower your risk of chronic health problems. It is recommended that people exercise daily for 30 minutes, which can easily be achieved by dividing the 30 minutes into various times of the day. If you are not accustomed to exercise, you should start slowly and check with your health care provider regarding how much exercise is right for you. Exercise can include such activities as walking, yoga, cycling, swimming, and gardening.

**Maintain a Healthy Diet.** Your dietary needs may change as you age. A healthy eating plan is a big part of staying healthy. Eat a variety of fresh fruit and vegetables, whole grains, lean meats, nuts, seeds, and low-fat dairy. Additionally, stay hydrated by drinking at least 6-8 glasses of water a day.

**See your doctor regularly.** Make sure you get regular checkups and schedule the health screenings that your doctor recommends. Remaining diligent about your health and seeing your doctor regularly can help your doctor find problems early on or even before they start.

**Stay Social.** A sedentary lifestyle can lead to health issues and being isolated can often lead to depression. Try to make new friends and connect with old friends too. Activities such as volunteering, joining a class, or pursuing a new hobby will keep you engaged throughout the course of your life and help you maintain a sense of purpose.

Following these tips can help you stay healthy as you age. If you are struggling with bone or joint pain, schedule a consultation with one of our highly trained physicians today. You can book an appointment through our website at [www.orthowestfl.com](http://www.orthowestfl.com) or give us a call at (727) 461-6026.

**About Orthopaedic Associates of West Florida:** With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient friendly atmosphere to provide a superior experience for all patients.