

# The Senior Forum

Mastering the fine art of senior life.



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## Tips for Healthy Seniors to Promote Well-being, Vitality, and Longevity

As we all have heard it's not about quantity it's about quality. Those are wise words but what if we want both? We want to live longer and have a good quality of life.

Here are some vital tips for healthy seniors to promote well-being, vitality, and longevity:

**1. Stay Physically Active**  
Engage in regular exercise such as walking, swimming, yoga, or strength training. Aim for at least 150 minutes of moderate exercise per week.

Activities like stretching, balance exercises, and resistance training can help maintain muscle mass, flexibility, and prevent falls.

**2. Balanced Diet**

Focus on a nutrient-rich diet with plenty of fruits, vegetables, lean proteins, whole grains, and healthy fats. Stay hydrated and consider foods high in calcium and vitamin D to support bone health.

Limit salt, sugar, and processed foods to maintain heart health and control blood pressure.

**3. Regular Health Checkups**  
Visit your healthcare provider regularly for routine screenings like blood pressure, cholesterol levels, and cancer screenings.

**4. Mental & Cognitive Care**  
Keep your mind active by reading, playing brain games, or learning new skills. Stay socially connected by spending time with friends

and family, joining clubs, or engaging in community activities to prevent isolation and depression.

**5. Quality Sleep**  
Aim for 7-9 hours of sleep per night to allow the body to rest and repair. Maintain a regular sleep schedule, and create a calming bedtime routine to improve sleep quality.

**6. Stay Hydrated**  
Drink plenty of water, as dehydration is a common concern for seniors and can impact energy, kidney function, and cognitive performance.

**7. Safety at Home**  
Remove tripping hazards, install grab bars in bathrooms, and ensure good lighting to prevent falls.

Consider emergency alert sys-

tems or regular check-ins with loved ones.

**8. Manage Chronic Conditions**  
Follow prescribed treatment plans for chronic conditions such as diabetes, arthritis, or high blood pressure.

Monitor symptoms and consult your doctor promptly if you notice any changes in your health.

**9. Maintain a Positive Outlook**  
Practice mindfulness, meditation, or gratitude exercises to reduce stress.

Stay engaged with hobbies and interests to maintain emotional well-being.

**10. Avoid Tobacco and Limit Alcohol**  
Quitting smoking and moderating alcohol intake can sig-

nificantly reduce the risk of developing many age-related diseases, including heart disease and cancer.

Promoting a balance of physical, mental, and emotional health can lead to a more fulfilling life in your senior years.

If you are a senior living alone I'm sure you read this and think many of these items will be difficult to accomplish. Socializing, exercise and mental stimulation isn't easy when you're not around people or have access to classes, clubs, and people. A senior living community can make life not only easier but more fulfilling. Being alone isn't the answer to either quantity or quality. Consider calling Grace Village. Take a tour and see what it has to offer. Call 574-372-6547 to set an appointment.

**Grace Village Retirement Community has available apartments! Call 574-372-6547 to learn more.**