

Healthy Aging Month



Healthy Aging Tips

- *Stay Physically Active:* Get moving and exercise to strengthen your bones, muscles, and joints.
- *Stay Connected:* Go out with friends and family and do activities that you enjoy.
- *Eat Right:* Eat foods that will strengthen your immune system and are good for digestive and heart health.
- *Get Enough Sleep:* It is recommended to get 7-8 hours each night. Also take naps throughout the day if needed.
- *Stay Engaged:* Do activities that will keep your brain stimulated and alert.
- *Have Regular Check Ups:* Get the appropriate health screenings.
- *Be Positive:* Ditch the negativity and stop complaining. Try to surround yourself with happy, energetic people.

It's September and it's time to celebrate healthy aging month! When thinking about aging most people focus on the negative aspects. Instead, it's time to draw attention to the positives and reinvent yourself to become a healthier you. No matter what your age is, it's not too late to make changes. Do something you have never done before and find new passions or hobbies that bring you happiness. Don't dwell on the fact that you are getting older. It happens to everyone and how you approach it will make all the difference in the world.

September is the perfect time to catch up on all your screenings. Set up your annual physical and get the grueling doctor's appointment out of the way. It's important to get tested for colon cancer, breast cancer, prostate cancer, diabetes, osteoporosis and to also check your blood pressure and vision. Talk with your doctor to see when it is the right time to get these health screenings. Early prevention is always a smart move.

Getting older can also bring on the blues. Loneliness is a major problem for aging adults and it's important to do things that will boost your mood and get you out of the house. One activity that can increase your well-being is volunteering. Give back to the community and help individuals in need. This will also give you the chance to interact with members from the community and you will find happiness by helping others.

Fun Facts

- ❖ **Chicken** is a good source of vitamins and minerals and is high in protein. It is rich in Vitamin A, B, and D. Chicken also helps control blood pressure, reduce cancer risk, and reduce cholesterol.
- ❖ **Celery** is an excellent source of Vitamin K as well as antioxidant nutrients, Vitamin C, manganese, calcium, and phosphorus. It helps lower cholesterol, lowers inflammation, prevents ulcers, and protects liver health.
- ❖ **Grapes** are high in Vitamin C and K and they contain no calories or fat.
- ❖ **Walnuts** are rich in antioxidants and are a good source of Vitamin B, omega-3 fatty acids, and molybdenum.
- ❖ **Lettuce** contains protein, fat, carbs, energy, and plenty of minerals and vitamins. It is an anti-inflammatory agent, lowers cholesterol levels, improves bone health and metabolism.

Tip of the Month

It's important to support aging with nutritional and herbal supplements. To boost and maintain your health start taking a multivitamin which will provide essential vitamins and minerals and will act as a nutritional back up.

Healthy Recipe

Chicken Salad Lettuce Wraps



Ingredients:

- 2 cups cooked chicken
- 1 cup celery
- ½ cup grapes, sliced
- 1/3 cup aioli
- 1 tablespoon fresh lemon juice
- ¼ cup walnuts, chopped
- Sea salt and ground pepper
- Large lettuce leaves for 4 wraps

Directions:

- Place all ingredients except lettuce in a medium bowl
- Mix the ingredients together
- Wrap in lettuce leaves and serve
- Serves 4

Source: <https://www.standardprocess.com>

Promoting Good Health and Quality of Life



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