



■ Creativity

Remain involved and be open to new ideas.

- Variety — Try new activities with friends and remember to make them fun!
- Stay connected with children and adults with many interests
- Stay involved with your communities: church, town, hobby/interest group
- Learn from materials of different types: news magazines and programs, travel logs, novels, poetry, special topic or hobby magazines, and activities
- Take adult education classes
- Try an Elder Hostel program or plan a vacation

Regular physical and cognitive activity substantially delays the onset of functional limitations and loss of independence.

Simple Measures for Successful Aging

HEALTHY MIND, HEALTHY BODY

Brought to you by

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Waltham, MA 02451-1411
www.massmed.org

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■ Mind-Body Balance

Physical and social activities have been shown to improve quality of life and satisfaction and decrease dependence.

- Get regular physical activity
- Stay in contact with family and friends
- Allow time for rest and reflection
- Keep a positive attitude toward life
- Do things that make you happy
- Alternate intense activities with relaxed solo and group activities
- Pursue new and old hobbies and interests
- Volunteer your time and/or your talents to a program of interest to you



Just as your body needs activity to stay healthy, so does your brain and your sense of self.

■ Mental Focus

Use it or lose it; your brain needs exercise just like your body.

- Challenge yourself with crossword puzzles or other 2D and 3D puzzles
- Practice other languages
- Write your memoirs
- Play chess, bridge, or other board or card games
- Learn and practice
 - Physical activities: dance, aqua aerobics, tai chi
 - Arts or crafts: painting, sculpture, wood carving, stained glass
 - Musical skills: singing, instrumental



With all these activities, practice MODERATION. Just because something is good does not mean that more of it is better!

These are general guidelines and not a substitute for the advice of your physician.

Be sure to consult with your physician before changing your diet or exercise regimen, or if you have any concerns.