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.
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

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

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

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.