



Healthy aging

Your body changes as you age. Your personal and family health history determine some changes, but the choices you make today can have a big impact.



Be active

Take a walk, ride your bike, or go for a swim each day. Choose activities that strengthen your muscles and heart or improve your balance and flexibility. Daily exercise can boost your energy, sharpen your mind, and help you live longer.



Stay connected

Your emotional and physical health are related. For example, people who regularly socialize with family and friends tend to get more exercise. And an active social life can strengthen your memory.



Eat healthy

Eating well can help protect your body and brain. Choose fresh fruits and vegetables, whole grains, lean proteins, and low-fat dairy. Search for Mediterranean, DASH, or MIND diet recipes for healthy food ideas.*

Visit kp.org/healthyage to learn more about growing older in good health.

*Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Dr., Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057