

September Wellness Newsletter

Healthy Aging Starts Now!



As we grow older, our needs and priorities evolve, and that includes our health. The great news? Healthy aging isn't just about what happens later in life, it's about what we do **today**.

Whether you're in your 20s, 40s, or 60s, small, consistent steps can make a big difference in how you feel, function, and thrive over the years. This month, we're sharing practical tips and trusted resources to help you age well.



5 Tips For Healthy Aging...

1. **Move Daily (Even a Little!):** Regular physical activity helps maintain muscle strength, flexibility, and balance. Aim for **30 minutes a day**, even if it's broken into smaller chunks, like walking meetings, [stretches](#) at your desk, or a [quick workout video](#).
2. **Prioritize Sleep:** Good sleep is essential for brain health, emotional well-being, and cellular repair. Most adults need **7–9 hours** of quality sleep per night. Try winding down with a screen-free routine before bed.
3. **Eat for Longevity:** A balanced diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats supports healthy aging. Try the [Mediterranean diet](#) or [DASH diet](#), both backed by strong science.
4. **Stay Connected:** Social connections play a big role in our mental and emotional health. Reach out to a friend, join a virtual group, or schedule a lunch date with a coworker, even a quick chat can uplift your mood.
5. **Be Proactive About Health Screenings:** [Preventive care](#) is key. Stay on top of your **annual physicals**, vaccinations, and age-appropriate screenings (like cholesterol, blood pressure, mammograms, or colonoscopies).

Resources to Explore:

- [National Institute on Aging \(NIA\):](#)
Science-based information on aging, exercise, nutrition, and more.
- [Blue Cross VT Medicare Benefit Seminars](#)
Virtual Medicare 101 Educational Seminar: What You Need to Know – September 17th at 4pm via [ZOOM](#)
- [CDC Healthy Aging:](#)
Resources on preventing chronic disease and promoting independence.
- [MyPlate for Older Adults:](#)
Nutrition guidance tailored for aging bodies.

For more information and resources on healthy aging, visit your Be Well Vermont Wellness Platform:
www.bluecrossvt.org/bewellvt



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