

Good Samaritan Health Ministries

September Health Tips



Healthy Aging Month

How to Age Gracefully

- Wear SPF or sun block everyday to prevent sun damage and peeling.
- Moisturize your skin on a daily basis, finding the most beneficial moisturizer for your skin.
- Practice stretching and take up yoga or pilates for increased joint pliability.
- Eat a well balanced diet of nutrients and anti-oxidants to keep your body and skin young. Search for foods that include acai and green leafy vegetables.
- Limit intakes of fat and sugar.
- Consume a multi-vitamin after consulting your doctor to identify any deficiencies.
- Practice meditation and relaxation techniques and learn stress tips.

Top 10 Anti-Aging Foods

- Avocados
- Berries
- Cruciferous Vegetables (i.e. cabbage, cauliflower, broccoli, turnips, brussels sprouts and radishes)
- Garlic
- Ginger
- Nuts (especially walnuts and Brazil nuts)
- Soy
- Whole meal pasta and rice
- Watermelon
- Water (8 glasses a day)

Source: Mayo Clinic

Questions or concerns, please contact your physician.

For more information, visit www.goodsamdayton.org



† CATHOLIC HEALTH INITIATIVES®