Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Get moving — try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.
- Manage stress — try yoga or keep a journal.
- Learn something new — take a class or join a club.
- Go to the doctor regularly.
- Connect with family and friends.

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).