



September is Healthy Aging Month

Abbreviated/Adapted from and Written By: Healthy Aging

Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of *Healthy Aging® Magazine* and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, hobby or work on your health issues. Worthington is the creator of *September is Healthy Aging® Month*, an annual health observance designed to focus national attention on the positive aspects of growing older. "Use September as the motivation to take stock of where you've been, what you really would like to do," says Worthington. "And try it! Who says you have to follow a career related to what you studied in school? Who says, you can't start your own home business later in life? Why not choose a new athletic goal (5K anyone?), or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Why September is Healthy Aging Month?

According to Worthington, "We saw a need to draw attention to the myths of aging, to shout out 'Hey, it's not too late to take control of your health, it's never too late to get started on something new.' Why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?" September is a perfect time to celebrate Healthy Aging Month since it is time when many people think about getting started on new tasks after the summer. We recognized early on that careful attention to the combination of physical, social, mental and financial fitness was powerful in the pursuit of a positive lifestyle. To get you started on re-inventing yourself, here are some ideas from the editors of *Healthy Aging® Magazine*. Maybe they will help you think outside the box.

1. Do Not Act Your Age

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)

2. Be Positive

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).

3. Ditch the Negativity

Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often.)

4. Walk Tall

Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Take big strides, walk with your heel first, and wear comfortable shoes.)

5. Stand Tall

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it. You will look great and feel better. (Tip: Your waistline will look trimmer.)

6. How Are Your Pearly Whites?

How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

7. Lonely?

Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology.)

8. Walk 10,000 Steps A Day

Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!) Make it a goal to walk 10,000 steps a day. Want to lose some weight or belly fat? Make it 15,000. You can do it!

9. Get Those Annual Check-Ups

Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

10. Find your inner artist.

Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Source: *Healthy Aging*, <https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>

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