

Luck: success or failure apparently brought by chance rather than through one's own actions. Is aging with dignity pure luck? Some of us are lucky and come from a long line of family members that live very long, healthy lives. Some of us are unlucky and have genetic conditions that we can't change and wish would have skipped us. But in reality, only 30% of our longevity will be determined by those that came before us in our families. The other 70%? Totally up to you and how you decide to live!

- 10% is based on healthcare. Be active and engage in your own healthcare. Ask questions, be informed. Find a provider that meets your needs and you feel comfortable with. Be in charge of your aging.
- 40% is based on individual behavior. It's never too late to get up and moving. Drink plenty of water and eat better, nutritious meals.
- 20% is based on social and environmental conditions. Don't wait for someone to visit you, go out and visit someone. Where you live can greatly improve your accessibility to social interactions and lessen the opportunity for isolation. The more you make social connections, the healthier you'll be and the longer you'll live and the happier you'll be.

Fit and Fall Proof group exercise classes are a great way to take charge of our aging. You can join in exercises to improve your balance, flexibility, strength, and mobility. This is a great place to socialize and meet and make new friends. Call Timalee at 208-533-3149 for more information or visit [EIPH.idaho.gov](http://EIPH.idaho.gov) for a class schedule. Fit and Fall Proof classes are anticipated to begin again in mid-September.



