

September is Healthy Aging Month and the time to get started on better health practices. It is never too late to “re-invent” yourself. Healthy Aging Month is an annual health observance designed to focus national attention on the positive aspects of growing older. It can provide inspiration and practical ideas for adults ages 45 and older to improve their physical, mental, social, and financial well-being.

Some ideas to help you re-invent yourself include:

- Do not act your age or at least what you think your current age should act like. Picture yourself at your best year so far and be that age. Think positively. Positive thinking goes a long way toward feeling better about yourself.
- Be positive in your conversations and actions every day. When you catch yourself complaining, stop yourself right away and change the conversation toward something positive.
- Surround yourself with energetic, happy, positive people of all ages and you will be happier too. Distance yourself from people who do not have a positive outlook on life.
- Walk like a vibrant, happy person. Analyze your gait. Do you walk slowly because you have just become lazy or because you have a fear of falling? Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.
- Stand up straight. Look at yourself in the mirror. Are you holding your stomach in? Are your shoulders back? Is your chin up? Fix your stance and practice it every day, all day until it is natural. You will look and feel better.
- How’s your smile? Research shows that people who smile more often are happier. Take care of your teeth. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
- Pick up the phone and make a call. Volunteer your time, take a class, invite someone for lunch or dinner.
- Start walking. Not only for your health, but to see the neighbors.
- Make this month the time to set up and go your annual physical and other health screenings.
- Find your talents. Have you always wanted to paint or the play the piano? Sign up for classes now!