

# HDHeartbeat

## A Health Designs Newsletter



### Healthy Aging: Tips for Staying Strong and Vibrant at Any Age

What comes to mind when you hear “healthy aging?” Healthy aging is the process of maintaining good physical, mental, and social health and well-being as you grow older. But don’t put small positive habits off to tomorrow that can be done today. The earlier positive habits are adopted the more health complications can be avoided later in life.

Here are some tips to staying strong and vibrant at any age:

- Maintain a balanced diet.  
Eating nutrient dense foods can help you fuel your body through every stage.
- Engage in mindful movement with regular exercise.
- Maintain a healthy weight to reduce risk for diabetes and heart disease.
- Preserve cognitive abilities with mental stimulation like puzzles or brain games.
- Stay social with friends and loved ones.
- Continue to manage stress to protect your emotional well-being.
- Avoid falls and other injuries by taking necessary precautions and practice safe driving.
- Have normal health check-ins with your doctor.
- Aim for seven to nine hours of sleep.

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## The Importance of Bone and Joint Health

Our bones are constantly broken down and rebuilt with new bone in its place, a process known as remodeling. This constant remodeling allows our body to strengthen the foundation for healthy movement, provide protection of vital organs and systems, serve as an anchor for our muscles, tendons, and ligaments, and act as storage for calcium.

Joint health is just as important as our bone health but gets overlooked quite frequently. Simply put, a joint is any point in your body where two bones meet. Think of your elbow, knees, hips, and yes, even your skull. There are many different types of joints that facilitate different types of movement and provide protection.

Given all these important functions, it's no wonder why we need to preserve bone and joint health. Be sure to engage in regular weight-bearing exercises like walking or strength training, eating a balanced meal to get ample calcium and vitamin D in your body, and avoid tobacco and alcohol use.

The best way to preserve joint health is to move! Engaging in a regular exercise program that incorporates flexibility training can preserve full range of motion in that joint. Consuming a nutrient-dense diet can keep us at a healthy weight, giving our joints minimal stress to move us freely throughout the day. And if you play sports, be sure to wear protective gear!

## HD MONTHLY CHALLENGE

No matter your age, we invite you to schedule that annual physical with your doctor. This visit can help you devise a personal plan to stay engaged with your life as you age!

## Autumn Harvest Grain Bowl

- 1 cup farro or quinoa
- 2 medium sweet potatoes, cubed
- 1 lb brussels sprouts, halved
- 1 head of kale
- Pomegranate seeds
- Pepitas pumpkin seeds)

For Dressing:

- 3 tbsp Tahini
- 2 tbsp Apple cider vinegar
- 1 tbsp Maple syrup
- 1 tsp Dijon mustard
- Water, for desired consistency



1. Preheat oven to 400 degrees.
2. Lightly coat brussel sprouts and sweet potatoes in olive oil, salt, and pepper. Spread evenly on sheet pan. Roast veggies for 25-30 minutes; sweet potatoes should be tender and brussels sprouts should have crispy edges.
3. Cook farro/quinoa according to package instructions.
4. Make dressing by whisking the ingredients listed above in a small bowl. Add water in small amounts until desired consistency is achieved.
5. Assemble the salad by combining all ingredients into large bowl
6. Drizzle with dressing and toss well. Serve immediately.



## Staying Active and Engaged as You Age

Maintaining an active lifestyle can help you preserve your well-being and independence, allowing you to age gracefully. An active lifestyle extends beyond just getting your steps in, it includes social and productive activities (like hobbies) that spark joy and meaning within you.

An active lifestyle can:

- Lower risk for developing certain diseases and conditions like dementia, heart disease, and stroke.
- Improve quality of life due to boosted happiness, life satisfaction, and sense of purpose.
- Improve mood and overall happiness.
- Improve coping skills and resilience to bounce back from stressful situations or life events.
- Can improve cognitive functioning

Not sure where to start? Try including some of these activities into your daily, weekly, or monthly routines.

- Play cards or board games with family and friends
- Video chat or call your friends and family to check in
- Engage in or reignite your hobbies
- Learn something new like art, pottery, cooking, or a language.
- Form or join book or movie club
- Volunteer at a school, library, museum, hospital, or animal shelter
- Serve meals or organize clothing donations for people in need
- Run errands for people with limited mobility or access to transportation
- Hold a class to teach your favorite hobby or skill.
- Play with your kids or grandchildren
- Read a book
- Find joy in the small things
- Practice gratitude and mindfulness

### HEALTHY AGING: TIPS FOR STAYING STRONG AND VIBRANT AT ANY AGE

Want to take a deeper dive into those healthy aging tips we discussed earlier in this newsletter? Click on the icon below to be taken to our newest blog where we discuss, in depth, the tips to support your health at every stage.

