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Activity

- Staying Active is one of the best ways to stay mobile, strong and healthy into old age.
- Choose a variety of physical activities that you enjoy. Challenge your balance and get your heart beating a little faster each day. Keep your muscles strong with muscle strengthening exercises at least twice a week.
- It's never too late to start.
- Older adults need 7 to 8 hours of sleep daily.

Vaccinate

- As we age, our body's ability to fight infection is reduced.
- An annual flu vaccine can help prevent a downward health spiral caused from flu infections. After age 65, a high dose flu shot is best.
- Consider a shingles & pneumonia vaccine after age 50 and keep your booster shots up to date – Diphtheria, Tetanus and Pertussis.

Optimize Medications

- Taking numerous medications may cause side effects such as poor nutrient absorption, confusion, dizziness or falls, which can lead to frailty.
- Have your pharmacist and your health care provider review ALL your medications annually, including prescriptions, over the counter drugs and even vitamins and natural supplements to ensure that you are on the least number of medications necessary for your present health and stage of life.

Interact

- Older adults with strong social relationships enjoy a better quality of life and often live longer!
- Loneliness and social isolation can accelerate physiological aging and may lead to heart disease, depression, dementia and frailty.
- Social belonging is important – Join a club, take a class or volunteer in your community to stay socially active.
- Be candid if you are feeling lonely or isolated – reach out, talk to your care providers, utilize resources available to you.

Diet & Nutrition

- As we age, we need additional protein to keep our muscles and bones strong. Choose a high protein source at every meal. (Eg. lean meats, eggs, fish, nuts, poultry, dairy, soy, lentils, beans...)
- Vitamin D and calcium taken together support bone and muscle strength and may help prevent frailty.
- Food is Medicine – Eat foods that are low in calories and high in nutrition!

AVOID Frailty – Take Control...

For more detailed information visit www.cfn-nce.ca