

Health Tips For Seniors

**TOP HEALTH TIPS EVERY SENIOR
SHOULD KNOW!**

ARE REVEALED IN THIS SPECIAL REPORT!



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Introduction

As you age, your body and mind changes, and so does what you need to stay healthy. Regular physicals, dental check-ups, medications, eye exams – the list of a senior’s health needs goes on.

It can certainly feel overwhelming at times, but the older we get, the more important it is that we are diligent in making sure we stay on top of our overall health and that we’re vigilant in being as active as possible.

Making your health, both mentally and physically, a top priority is key to living the happiest and longest life possible.

This special report, dedicated to seniors, reveals some of the ways you can get started quickly and easily. If you want to become as healthy as possible while looking and feeling your very best, this is

the information you've been looking for.

So without further delay, let's begin!

Important Note: It's important that you seek the advice and approval from your health care provider prior to making any drastic changes to your diet or exercise.

Tip #1: Healthy Weight

It all begins with developing healthy habits that will increase longevity and help you feel and look as good as you possibly can.

One thing to keep in mind is your overall weight. Seniors often struggle with being underweight which is typically a result of not eating enough nutrient-dense foods. If this is the case, you'll want to re-evaluate your diet and create a plan that includes the important nutrients that may be currently missing.

On the other hand, obviously being overweight is equally as unhealthy. If you struggle with keeping your weight down, consider talking to a dietitian that specializes in creating well-balanced meal plans for seniors.

What is a healthy weight for you?

There are two standard measures used when determining a

healthy weight. This includes:

- **Determining your BMI (Body mass index).** This takes into account your weight and height. A BMI score of **18.5-24.9** is typically indicative of a healthy diet and is ideal for seniors.
- **Measuring your waist and hips.** This will give you a good idea as to whether you're carrying a lot of extra weight.

A circumference of more than 35 inches in women or 40 inches in men can mean that you're a higher risk of health problems including diabetes so you want to keep an eye on this.

Tip #2: Stay Positive

Your mind is a powerful thing and staying positive and hopeful, despite the obstacles you'll face, will help you not only learn to cope with the changes in your life, but it will reduce stress and anxiety which will lead to a longer lifespan.

Here are a few ways to get started:

Be Grateful: Consider keeping a gratitude journal that documents your day-to-day life, paying attention to the blessings in your life and its many joys.

It's easy to take things for granted, so by taking steps to faithfully acknowledge the good times will help you cope when times get tough. Look for the silver lining in problem areas and remember that every lesson in life helps you grow!

Express Your Feelings: Don't bottle up your emotions. It's normal to feel nervous or worried about the future, but burying your feelings can lead to bitterness, anger and anxiety.

By being open and honest with those in your life that you trust the most, you'll be better equipped to process those emotions in a healthy way.

Let It Go: There's no point in stressing about the things you can't change, right? Instead, identify the areas in your life that are beyond your control and learn to let them go.

I know, easier said than done, but if you put an honest effort into trying to let go, you'll not only minimize your stress levels but you'll free up time to improve the areas of your life that are in your control.