

# HEALTHY LIFESTYLE

## HEALTHY AGING



### EAT & DRINK HEALTHY

- Increase Calcium and Vitamin D intake to maintain healthy bones.
  - **Calcium-rich foods:** low-fat and fat-free dairy products (e.g. milk and yogurt), fortified foods and beverages (e.g. cereals, non-dairy milks, 100% fruit juices), dark green leafy vegetables, canned fish with soft bones.
  - **Vitamin D-rich foods:** fatty fish (e.g. salmon, eggs), fortified foods and beverages.
  - If you choose to take a calcium supplement or multivitamin, make sure that it includes vitamin D.



- Increase Fiber intake to improve digestive health.
  - **Fiber-rich foods:** whole grains, fruits, vegetables, beans, lentils, oatmeal, whole-wheat breads and pastas, whole-grain cereals.



- Choose most of the dietary fats from heart-healthy unsaturated fats.
  - **Unsaturated fat foods:** olive oil, canola oil, walnuts, almonds, avocados.
  - Saturated fat foods, such as red meat and full-fat dairy, should be limited to less than 10 percent of calories.



- Stay hydrated
  - **Water-rich foods:** cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost fluid intake, especially in the colder weather.
  - Carry a water bottle for easy hydration on the go.
  - Limit alcohol intake.
  - Add flavor to water with fruits or consider low-sugar drinks.



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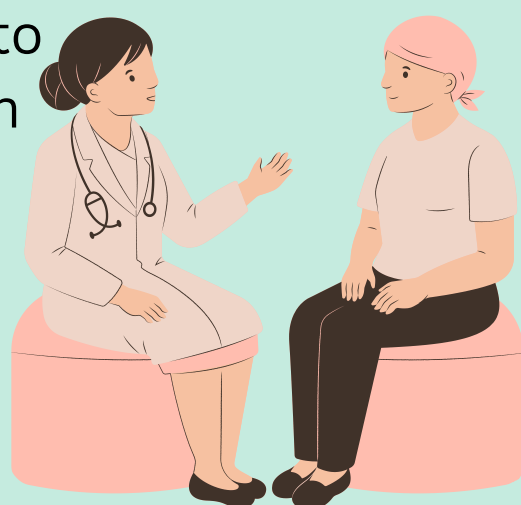
### STAY ACTIVE



- Stay active to enhance balance and stamina, reduce the risk of falls, and boost brain health.
- Moderate physical activities (e.g. walking) for 30 minutes daily, and incorporate muscle-strengthening exercises (e.g. carrying groceries) twice a week.

### REGULAR CHECKUPS

- Visit doctor for preventive services to prevent disease or find it early, when treatment is more effective.
- Share family health history with doctor, who can help take steps to prevent chronic diseases or catch them early.



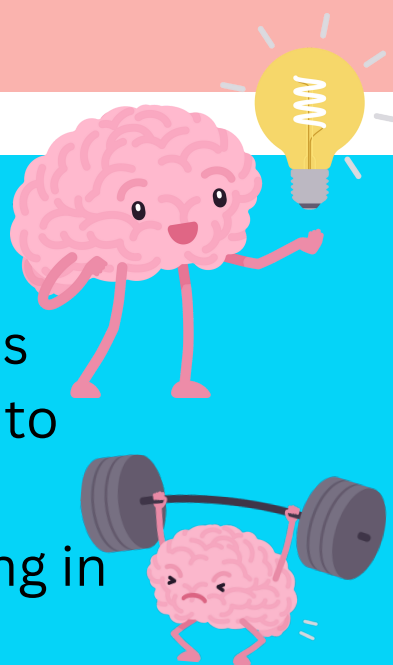
### GET QUALITY SLEEP

- Create a calming space, dedicate enough time for sleep and practice relaxation techniques to help improve sleep.



### BE AWARE OF BRAIN HEALTH

- Brain love tackling fresh tasks, whether it is learning a language or driving a new route to work.
- Make it a goal to keep learning and engaging in brain challenge tasks or games.



### QUIT SMOKING



- Exercise can help combat smoking cravings and withdrawal symptoms.
- Call 1-800-QUIT-NOW for FREE help.

#### References:

- Sarah K. Nutrition for Older Men. Eatright.org. 2020. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>
- 6 Tips for Healthy Aging. CDC.gov. 2022. Retrieved from <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-aging.htm>
- Hydration for Older Adults: How to Stay Hydrated for Better Health. ncoa.org. 2021. Retrieved from <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>
- It's Never Too Late: Five Healthy Steps at Any Age. Johns Hopkins Medicine. Retrieved from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/its-never-too-late-five-healthy-steps-at-any-age>

# 健康的生活方式

## 健康老化



### 健康飲食

- 增加鈣 (Calcium) 和維生素 D 的攝取量以保持骨骼健康。
  - **富含鈣 (Calcium) 的食物：**低脂和脫脂乳製品（如牛奶和優格）、鈣強化食品和飲料（如穀物、非乳製品、100%果汁）、深綠葉蔬菜、軟骨魚罐頭。
  - **富含維生素 D (Vitamin D) 的食物：**多脂魚類（如鮭魚、雞蛋）、強化食品和飲料。
  - 如果您選擇服用鈣補充劑或複合維生素，請確保其中含有維生素 D。



- 增加纖維攝取量以改善消化健康。
  - **富含纖維的食物：**全穀物、水果、蔬菜、豆類、扁豆、燕麥片、全麥麵包和義大利麵、全麥穀物。



- 選擇大部分膳食脂肪來自有益於心臟健康的不飽和脂肪。
  - **不飽和脂肪食物：**橄欖油、菜籽油、核桃、杏仁、酪梨。
  - 飽和脂肪食品，如紅肉和全脂乳製品，應限制在卡路里含量的 10% 以下。



- 喝充足水分
  - **富含水分的食物：**黃瓜、西瓜、生菜、草莓、番茄和芹菜。湯、肉湯和燉菜也是增加液體攝取量的好方法，尤其是在寒冷的天氣中。
  - 攜帶水瓶，以便在旅途中輕鬆補充水分。
  - 限製酒精攝取量。
  - 用水果給水添加風味或考慮低糖飲料。



參考:

- Sarah K. 老年男性的營養。Eatright.org。2020。摘自 <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understand-food-nutrition-labels>
- 健康老化的 6 個秘訣。CDC.gov。2022 年。摘自 <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-aging.htm>
- 老年人的補水：如何保持水分以改善健康。ncoa.org。2021 年。取自 <https://www.ncoa.org/article/how-to-stay-Hydrated-for-better-health>
- 永遠不嫌晚：任何年齡層的五個健康步驟。約翰霍普金斯醫學。取自 <https://www.hopkinsmedicine.org/health/wellness-and-prevention/its-never-too-late-Five-healthy-steps-at-any-age>



# 健康的生活方式

## 健康老化



### 保持活躍



- 保持活躍可以增強平衡和耐力，降低跌倒風險並促進大腦健康。
- 每天進行 30 分鐘的適度體能活動（例如步行），並每週進行兩次肌肉強化運動（例如搬運雜貨）。

### 定期檢查

- 定期身體檢查以獲得預防服務，以預防疾病或及早發現疾病，以便治療更有效。
- 與醫生分享家庭健康史，醫生可以幫助採取措施預防慢性病或及早發現。



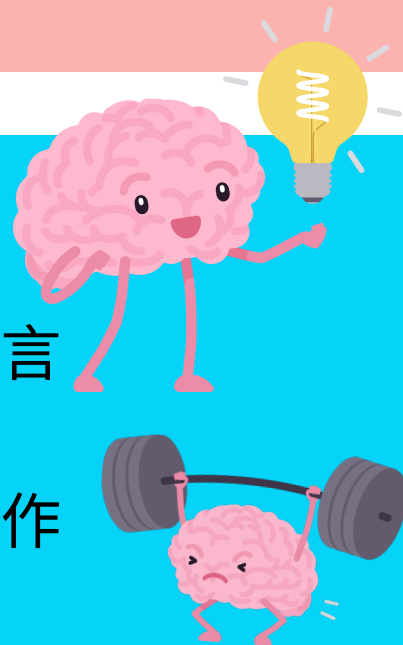
### 獲得優質睡眠

- 創造一個平靜的空間，留出足夠的時間睡覺，並練習放鬆技巧來幫助改善睡眠。



### 關注大腦健康

- 大腦喜歡解決新的任務，無論是學習語言還是駕駛新的上班路線。
- 將持續學習和參與大腦挑戰任務或遊戲作為目標。



### 戒菸



- 運動可以幫助對抗吸菸慾望和戒斷症狀。
- 請致電 1-800-QUIT-NOW 以獲得免費協助。

參考：

- Sarah K. 老年男性的營養。Eatright.org。2020。摘自 <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understand-food-nutrition-labels>
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