

Healthy Living

FOR THE SECOND HALF OF LIFE



Public Health
Prevent. Promote. Protect.
Bismarck-Burleigh Public Health



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NDSU

EXTENSION

LEARNER OBJECTIVES

- Build awareness of healthy living habits for individuals as they age
- Identify priorities and steps to take toward healthy living efforts as aging occurs
- Plan how to continue learning and staying involved in positive activities as they age
- Foster dialogue among adults and others about positive aging and life skills needed in later years

A DEFINITION OF POSITIVE AGING

The ability to maintain:

- Low risk of disease and disease-related disability
- High mental and physical functioning
- Active engagement with life

OTHER ELEMENTS OF POSITIVE AGING

A long and healthy life would not be possible without:

- Lifelong learning
- Active involvement
- Hopeful outlook

FOUR KEY DIMENSIONS OF POSITIVE AGING

- Mental wellness
- Physical wellness
- Social wellness
- Emotional wellness

MENTAL WELLNESS



MENTAL WELLNESS AND HEALTHY LIVING

Mental wellness = lifelong learning

- Maintain a positive outlook
- Let curiosity be your guide
- Remain mentally active
- “Grow” your knowledge
- Go online

MENTAL WELLNESS AND HEALTHY LIVING

Mental wellness = personal planning

- What do I want when I am older? How can I prepare?
- Set goals and follow through
- Identify your lasting values
- Keep your expectations realistic
- Know what you believe

PHYSICAL WELLNESS



PHYSICAL WELLNESS AND HEALTHY LIVING

Physical wellness = care for yourself

- Take good care of your health
- Eat right
- Visit your health professionals regularly
- Forget Botox

PHYSICAL WELLNESS AND HEALTHY LIVING

Physical wellness = regular exercise

Experts have found that regular exercise:

- Prevents heart disease and stroke
- Maintains healthy blood pressure and reduces high blood pressure
- Prevents bone loss
- Strengthens your muscles and frame
- Controls type 2 diabetes

PHYSICAL WELLNESS AND HEALTHY LIVING

Experts have found that regular exercise:

- Lowers blood sugar levels
- Prevents falls
- Relieves stress
- Promotes relaxation
- Increases energy

PHYSICAL WELLNESS AND HEALTHY LIVING

Four Types of Exercise

- Endurance exercise
- Strength exercise
- Balance exercise
- Flexibility exercise

**LEARNING ACTIVITY:
PHYSICAL ACTIVITY AND
EXERCISE EXAMPLES**

PHYSICAL WELLNESS AND HEALTHY LIVING

10 Ways to Move 30 Minutes a Day

- Walking
- Gardening
- Pushing your grandchild in a stroller
- Water aerobics
- Yoga

PHYSICAL WELLNESS AND HEALTHY LIVING

10 Ways to Move 30 Minutes a Day

- Park your car at the far end of the parking lot and walk the distance
- Recumbent bike
- Mow the lawn
- Visit a museum
- Stretch

SOCIAL WELLNESS



SOCIAL WELLNESS AND HEALTHY LIVING

Social wellness = closeness to loved ones

- Keep your family members and friends close
- Be a resource
- Make recordings of favorite family stories
- Teach values and skills
- Maintain a positive relationship with adult children

LEARNING ACTIVITY: POSITIVE SOCIAL CONNECTIONS IN LATER LIFE

Primary

Primary

YOU

Secondary

Secondary

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SOCIAL WELLNESS AND HEALTHY LIVING

Social wellness = sharing yourself with others

- Be active and volunteer
- Share a skill
- Organize other older people

SOCIAL WELLNESS AND HEALTHY LIVING

Social wellness = active engagement in life

- Get involved in something meaningful
- Pursue a passion
- Put some fun into your life
- Engage in a community of support to you

SOCIAL WELLNESS AND HEALTHY LIVING

Volunteering in Later Life

- Help you live longer, stay active and combat loneliness or depression
- Provide you with a sense of purpose
- Give you the chance to share skills and knowledge
- Allow you to explore your interests
- Assist you in uplifting others

EMOTIONAL WELLNESS



EMOTIONAL WELLNESS AND HEALTHY LIVING

Emotional wellness = maintaining a positive outlook on life

- Stop harmful, hopeless thoughts
- Celebrate your successes
- Pursue a positive outlook

LEARNING ACTIVITY: **DISCUSS STRESS-REDUCTION STRATEGIES**

- o Take a nap
- o Go shopping or window browsing
- o Practice yoga
- o Maintain spiritual connection
- o Take a warm bath
- o Try a new restaurant/delivery
- o Take care of yourself
- o Find a reason to laugh every day
- o Ask for help when needed
- o Visit with a neighbor
- o Focus on your accomplishments
- o Stretch
- o Enjoy the sunset/sunrise
- o Eat well
- o Limit alcohol intake
- o Know the effects of medication
- o Be grateful
- o Write a letter
- o Call a friend
- o Have a manicure
- o Be with children
- o Go for a drive
- o Read a book
- o Collect antiques
- o Play with a pet
- o Do genealogy
- o Try a new recipe
- o Garden
- o Play cards
- o Meditate
- o Go fishing
- o Bake bread
- o Travel
- o Exercise
- o Plan for fun
- o Be flexible
- o Learn to say “no”
- o Live in the present
- o Do a crossword puzzle
- o Practice “breathing”
- o Write in a journal
- o Watch a good movie

SOCIAL WELLNESS AND HEALTHY LIVING

Emotional wellness = managing and reducing stress

- Mind the basics in caring for yourself
- Take action to give yourself some control in a situation
- Focus on what you can control
- Implement relaxation strategies

EMOTIONAL WELLNESS AND HEALTHY LIVING

Emotional wellness = managing and reducing stress

- Take small steps toward bigger goals
- Find opportunities in all situations
- Develop a sense of humor
- Give yourself personal time

RETIREMENT AND HEALTHY LIVING

- Take a slow exit
- Try a new job on a part-time basis
- Share your job
- Take a break

TOWARD “UN-RETIREMENT”

Instead of focusing on “retirement” in later life, focus your thoughts, planning and energy on “un-retirement.”

OTHER FACETS OF HEALTHY LIVING IN LATER LIFE

- Retirement planning (or “un-retirement planning”)
- Financial planning for later life
- Estate planning
- Long-term care planning
- Keep learning so you can maintain the best health possible
- Contact your local Extension office to learn about ideas and resources

THANK YOU!