

Tips for seniors to stay healthy

With September being National Healthy Aging Month, the Senior Day Care Services and Senior Programs of the El Dorado County Health and Human Services Agency has tips for seniors to promote health and longevity.

They include:

- **Get moving** – Exercise and other physical activities are good for you. Studies show that people who exercise not only live longer, they live better. Regular exercise and physical activity can reduce your risk of developing some diseases and disabilities that often occur with age. For example, balancing exercises help prevent falls (which are a major cause of disability in older adults), strength exercises help build muscles and reduce the risk of osteoporosis, and stretching exercises help you stay limber.
- **Get involved** – Studies show that people who are involved in hobbies, social and leisure activities, and who volunteer in their communities, generally report higher levels of happiness and lower levels of depression. Studies have even shown that staying socially active may reduce the progression of Alzheimer's disease and other forms of dementia.
- **Get checked** – Regular check-ups, screenings and immunizations are important for good health. Bring concerns to your healthcare provider sooner rather than later. Remember that mental health is also important. If you find that you are feeling blue, see a mental health provider.

The El Dorado County Senior Day Care Centers and Senior Programs offer many ways for older adults to stay active

physically and socially. Activities include daily group exercise classes, crafts, guest speakers, support groups, live music, senior trips, healthy meals and more. For more information, call 530.621.6369 or go online.