

SEPTEMBER WELLNESS



HEALTHY AGING MONTH

Healthy Aging Month looks at the aspects of growing older and a person's overall well-being, including physical, social, mental and financial health. September is a great time to evaluate where you are in these components of life, and see if there's something in one (or more) of the areas you'd like to enhance.

Here are a few tips for healthy minds, positive attitudes and staying healthy from *Healthy Aging Magazine*:

- ***Talk and act positive every day.***

Stay optimistic and talk with positivity. If you find yourself complaining - stop yourself, and change the conversation back to something positive.

- ***Let go of negative people.***

Surround yourself with positive, happy people. If there are people in your life who are always talking negatively and complaining, this can bring you down and hold you back. Try to be around only those who have a positive outlook on life.

- ***Walk vibrantly.***

Assess the way you walk. Make a conscious effort to stand and walk vibrantly. Hold your shoulders back, chin up and confidently walk with big strides. (additional tip: wear comfortable shoes)

- ***Make connections and be social.***

Schedule activities such as lunch, dinner or coffee with friends, volunteering your time, or taking a class that interests you. Enjoy the time you spend with others.

- ***Stay current with your health appointments.***

Schedule your annual physical, if it is not already on the calendar. Review any other health screenings that you may need, and make the appointments if necessary.

For more tips, and additional information on healthy aging, click here to reach an article on the Healthy Aging Website: [10 Tips for September's Healthy Aging Month](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com