

[IMAGE]

## Age Gracefully

By Editorial Staff

If you're approaching your golden years, already there or wondering what it will be like, consider that you're only as young as you feel. Here are a few ways to age gracefully whether you're 20, 80 or any age in between:

**Stay Strong:** Age can rob you of your physical strength, increasing your risk of a debilitating injury and threatening your ability to recover and stay functional if you do have a health issue. The solution: regular exercise and a sound diet, including bone-support nutrients to reduce fracture risk and high-value foods to help ward off obesity, diabetes and heart disease.

Age Gracefully - Copyright © Stock Photo / Register Mark **Stay in Touch:** Few people like to be alone for very long, and the mere thought of growing old without companionship can arouse fear in even the most independent soul. The solution? Stay in touch with friends and family, and involve yourself in social events including organized sports, group hobbies, etc. You won't regret it.

**Stay True:** Ready to reward yourself for a healthy life with a few unhealthy behaviors in your golden years? Why change your lifestyle after years of hard work and dedication? Embrace lifelong health and keep enjoying the physical, emotional and psychological benefits.

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