



Back Door Reading From your Health Ministry



Healthy Aging (Not Just for "Old" Folks!)

From the moment we are born, we are aging. The older we get, the faster it seems to go!



Decisions made for us in infancy about our nutrition, medical care, and nurture affect us all our life.



Genetics play a role also.

So do the decisions we made yesterday

Seize the Moment!
Today is the first day of the rest of your life!
It is never too early!
It is never too late!



Physical Fitness

- Y Maintain a healthy weight, an obese child is usually an obese adult
- Y Make physical exercise a part of every day at every age
- Y Everyone does better on a healthy diet



Social Wellness

- # Be a friend. Maintain your friendships. (This takes work)
- # Laugh loud, laugh often!
- # You are as old as you feel
- # Seek those who make you happy
- # Avoid those who don't



Financial Wellness

- \$ The earlier you can start saving, the better
- \$ Choose all insurance carefully
- \$ Teach children ways to manage money

Spiritual Wellness

- ♥ Keep the faith, worship early and often!
- ♥ Give of yourself
- ♥ Seek balance in your life
- ♥ Keep your eyes on your life goals



Mental Wellness

- 🌐 See the world—in books, movies, or in person
- 🌐 Do puzzles, play trivia and other skill games
- 🌐 Read lots; surf the net