

ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

JULY 2015

Living healthy at any age

Have you noticed your age creeping up on you? Have the passing years added a few pounds and a few bad habits? Getting older is a natural part of life, but how you feel as you age has a lot to do with the choices you make. Even if health problems run in your family, you can slow down their advance. You can also hold off other health issues that often come with getting older.



Ready to start practicing some better health habits? You might want to try some of the tips below. If these tips don't work for you, feel free to find your own. You have the answers!

- **Physical activity:** Keeps your body strong, and it helps with how you feel. Try to be active almost every day. Always ask your doctor whether it is safe for you to start a physical activity program.
- **Mental and emotional health:** Stay in touch with friends, family, and the community. And try to avoid stress whenever you can.
- **Memory and mental sharpness:** Keep your brain active and challenged. Learn and do something new and different.
- **Eat a healthy and balanced diet:** Avoid salty foods and foods with a lot of fat in them, such as fried foods.
- **Quit smoking:** If you smoke, try to quit.

Wild about walnuts

Who knew? Eating walnuts may help to improve your memory and prevent the mental decline that comes with age. You might want to snack on a handful of walnuts when you get the noontime munchies. Or add them to oatmeal, yogurt or salad for an extra crunch.



Upcoming events

Wellness Webinar Series
"Transform your exercise routine"

July 14, 9:30 AM and 1:30 PM CT
Motivating Mississippi Wellness Webinars

How does aging affect your driving?

As you get older, your vision, reflexes, and hearing change. These changes can make it harder for you to drive safely.

Of these changes, vision is the most important. Aging affects your vision in the following ways: Light, focus, colors and depth perception.

To stay safe while driving:

- Try to avoid driving at night or in bad weather
- Drive on streets you know and keep your headlights on at all times
- Leave plenty of space between you and the car in front of you
- Try not to eat, listen to the radio or talk with others while driving



You might want to talk to your doctor about health problems that could get in the way of driving safely.

Coach's Corner

Meet **Patricia**, an Onsite Health Coach at ActiveHealth. She is a licensed Registered Dietitian who is excited to share her knowledge of health and wellness with others.

Patricia enjoys engaging participants in setting and achieving new health and wellness goals.

Patricia's Favorite Quote:



"The greatest medicine of all is to teach people how not to need it."

Sushruta, 600 B.C.



Sync your devices and apps!

Great news! You can now sync your devices and apps with trackers found on MyActiveHealth. This includes your wearables and scales. The information on them will sync to the Wellness or Condition Trackers on the site. Just click on **My Action Plan** in the left sidebar, then choose **Devices and Apps**. You might want to check it out today at:

MyActiveHealth.Com/Mississippi

