



Healthy Aging Month

Throughout the month of September, we are focusing on the positive aspects of the aging journey. Now is the time for you and your loved ones to adopt healthy habits and behaviors, manage existing health conditions, and stay connected to your family and friends.

WHY WE LOVE HEALTHY AGING MONTH

It reminds us to stay healthy.

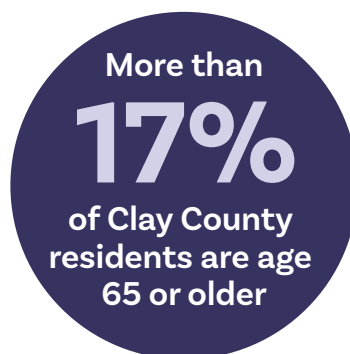
We often get so caught up with our daily routine that we forget to take care of ourselves. This month reminds us of the importance of following a lifestyle that supports healthy aging.

It gives us a chance to learn something new.

Healthy Aging Month is an opportunity to continue learning. Whether it is a class you want to take or a new recipe to try, this is the perfect time to make sure you have a well-balanced lifestyle.

It gives us a chance to expand our knowledge.

Use this month to focus on learning new ways to improve your health and nutrition by speaking to your health care provider and expanding your knowledge of health and nutrition.



Healthy Aging Tips

- Visit your health care provider regularly
- Choose healthy foods rich in nutrients
- Stay physically active
- Keep your mind active
- Participate in healthy activities you enjoy
- Connect with family and friends
- Manage stress

If you have any questions about safely implementing these healthy aging tips, please contact your health care provider.

Facts about Exercise

- Promotes brain health
- Increases energy levels and stamina
- Helps maintain muscle mass
- Improves sleep quality
- Helps maintain a healthy weight

To learn more, call **904-529-2800**
or visit **Clay.FloridaHealth.gov**

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