

# Active Aging at Any Age

It's never too late to take your health into your own hands.



**THE VILLAGE AT  
ORCHARD RIDGE**

A National Lutheran Community

Active aging is possible at any age! Even minor lifestyle changes can lead to living a healthier and longer life. Genetics, along with other factors you can't control play a role, but there are steps you can take to stay motivated and kick off a healthy, active lifestyle at any age.

## More movement

Doing little things to add more movement to your life can do wonders. Regularly moving can keep you more mobile as you age and even reduce some of those aches and pains. Moving more doesn't have to mean participating in a vigorous exercise routine every day. Here are some ways to easily incorporate more movement in your day:

- Park further away when running errands
- Try gardening or other outdoor activities
- Enjoy an outdoor walk
- Set reminders to get up if often sedentary
- Try stretching in the morning or before bed
- Take the stairs
- Pack a picnic and meet a friend at the park

## Assess your diet

Active aging also means staying actively aware of the health choices we make on a day-to-day basis. As we get older many of us start to notice we can't eat like we used to. However, it's never too late to change your eating habits to help improve wellness. Changing up your diet may help you maintain a healthy weight, stay energized and get the nutrients you need. Your metabolism slows down as you age, so it becomes more important than ever to choose foods that give you the best nutritional value.



## Your brain needs exercise too

Physical exercise or movement is key, but the mental aspects of active aging are equally important. Challenging your brain daily can help improve cognition, memory and recall, mood and overall wellness. These brain exercises can be as simple as:

- Strategy games
- Puzzles
- Relaxing activities (baking, listening to music, etc.)
- Card games with friends
- Trying something new
- Building your vocabulary
- Drawing or painting

Contact our team today for a personal tour to learn more about how residents at our community embrace an active aging lifestyle.



Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)

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