

Age successfully

Successful aging means more than good health. It means taking charge of your personal well-being so that you can continue to live a vibrant, independent life, regardless of your age, according to Dr. Terri Ginsberg of the Institute for Successful Aging at the University of Medicine and Dentistry of New Jersey.

“Successful aging isn’t difficult, but it does require a personal commitment to active living,” says Ginsberg. To help them age successfully, Ginsberg recommends that adults of all ages follow these “10 Resolutions for Healthy Aging.”

1. **Sleep at night.** Avoid frequent daytime naps, late night snacks or watching television in bed.
2. **Eat lots of colors.** Vibrantly colored fruits and vegetables on your plate mean a healthy diet that keeps your body moving.
3. **Get checked out.** Catch up on any health screenings your doctor has recommended and don’t forget eye and dental check-ups.
4. **Worry less.** It really is possible to “worry yourself sick.” Excessive worrying can lead to high blood pressure, digestive problems, chronic headaches and unhealthy weight gain.
5. **Stay in touch.** Living alone doesn’t mean being alone. Reach out to friends, neighbors and relatives.
6. **Move more.** Exercise improves heart health, and good heart health helps prevent a range of related disorders, including blood clots and depression.
7. **Read more.** You can “exercise your brain” with newspapers, books, magazines or puzzles.
8. **Laugh and sing.** Is there a better way to enjoy life? And both will help you to worry less.
9. **Take control.** Be proactive about your own health. Ask your doctor questions about your health and for advice on positive lifestyle changes.
10. **Get involved.** Local organizations of all types need volunteers. Helping others is the best tonic for feeling good about yourself.

