

# Wellness Culture

**September Observance:** Healthy Aging Month

**Key Information:** Aging is inevitable, but there are many options available to help ensure the highest quality of life throughout our lifespan if you **Take Action!**

"Top-10" sampling for engaging in life:

1. Laugh more. Did you hear the one about...?
2. Any physical activity. Most of us were never NFL players.
3. Hobbies. Just for the fun of it.
4. Nutritional moderation. Barring unique medical needs, a little of this, a little of that, is okay.
5. Have a pet. They won't nag you, and they're loyal.
6. Love. Your pet, a person, an activity.
7. Relax. Stress can debilitate and accomplishes nothing.
8. Eat less red meat and more fish. There's lots of fish in the sea.
9. Think positive. It's better to have a glass half full.
10. Eat fruits and vegetables. Your mother was right.

*According to the Los Angeles Jewish Home for the Aging, home to the largest number of 90 year olds of any facility in the world...*

## Action Steps Made Easy:

1. Pick 3 areas from the list above that you would like to improve in your life.
2. Write 2-3 specific goals (include benefits of attaining goal) in each area with a willing partner, to complete in the coming week.
3. Develop a strategy to circumvent known obstacles to accomplishing your goals by listing specific action goals and alternatives to keep you on course.
4. At the beginning of the week review last week's goal by starting with what went well, finishing with how to be more successful with this week's goals.

Example: I will walk briskly for 30 minutes MWF right after work. Obstacle strategy #1: I will lay out my exercise clothes the night before, so that I can change and start walking before I get distracted by my evening. If plans come up for Friday night then I will walk during my lunch break instead.

**Life Impact:** Small sacrifices in time and effort can yield large health and happiness benefits both now and later in life.

**Resources:** <http://www.healthyaging.net/>



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