Get the Facts on Healthy Aging

Medical and Insurance · https://community.womensmoneymatters.org/resources/get-the-facts-on-healthy-aging/

Link:

The National Council on Aging (NCOA) article "Get the Facts on Healthy Aging" provides essential information about promoting health and well-being as people age. It covers key topics such as the importance of physical activity, nutrition, social engagement, and preventive healthcare in maintaining overall health. The article emphasizes that healthy aging is not just about avoiding disease but also about enhancing quality of life. It encourages older adults to adopt lifestyle changes that support physical and mental health, and it offers resources to help them make informed decisions about their health as they age.