

The Secrets of Aging Well

Live long and Prosper is something we all want to achieve especially as we age. The Web MD article talks about ways you can fight off Father Time. The Harvard Study of Adult Development, one of the longest and most comprehensive examinations of aging ever conducted have sited six bullet points to help realize the secret of aging well.

1. Avoid cigarettes
2. Good adjustment or coping skills
3. Keeping a healthy weight
4. Exercising regularly
5. Maintaining strong social relationships (including a sable marriage)
6. Pursing education

The Division on Aging can help you work towards a goal of aging well. Out of the 6 points, 5 are attainable through programs offered at our agency.

- Many of the In Service Programs provide awareness offering possible tools “on how to” live a more balanced, less stressed, calming life style. We also coordinate with other resources/agencies to help in those efforts.
- We offer FDA approved meals to help achieve a smaller waistline by getting the required nutritional intake per day, needed for a healthier you.
- The exercise programs we offer are for all levels and skill sets to gain the required physical activity recommended to stay active and fit.
- We offer many opportunities for volunteering, enhancing your emotional wellbeing. Also meal centers are available throughout Bay County to help maintain and encourage fellowship, fun and comradery. What do they say about laughter being the best medicine? How good do you feel after a hard belly laugh? Being a part of a group, maintaining a schedule and having a purpose can all be achieved by joining in at the various meal center locations. Attending our many social events presented throughout the year are also avenues as choices to socialize and enjoy life.

Aging well is a positive attitude towards the process. Longevity is an amazing gift and only you can make the most of it. Put our webpage www.baycounty-mi.gov/aging on your favorite list so you have access to all the opportunities we have to offer. If you prefer a mailing of our monthly newsletter, Wonderful Times call us at (989) 895-4100 to receive the subscription. Either way you will be in the hub on some exciting ventures offered for the 60 plus generation. Here is to Wellness and what we need to do to achieve the quality and wholeness of life that aging proposes.