

FIT & FABULOUS AT EVERY AGE

Healthy aging and how you can make it happen

September is **Healthy Aging Month**, so it's a great time to take a look at your own health and figure out what steps you can take to live the rest of your life in the best health possible.

TWO MAIN FACTORS THAT AFFECT YOUR HEALTH

- **Family history (genetics).** If your family members have diseases or ongoing (chronic) health problems like high blood pressure or diabetes, then you may have a greater chance of having those problems yourself.
- **Personal lifestyle choices.** This includes choosing to exercise, eating right, and learning to deal with stress effectively. If you smoke, drink or take drugs, you lessen your chances for good health later in life.

Whether you're 20 years old, 70 or somewhere in between, the choices you make every day can affect your future health. So make the right ones!

STEPS TO GOOD HEALTH FOR YEARS TO COME

- **Practice The Big 3:**
 - **Exercise** at least 30 minutes every day,
 - **Drink** plenty of water.
 - **Eat** a balanced diet of healthy foods.
- **Visit your doctor regularly** – get regular check-ups and immunizations, plus preventive screenings as you get older ((i.e., mammograms, prostate exam, cholesterol screening).
- **Learn to relax** – Monitor your mental and emotional health. Stay in touch with friends, family, and the community. Try to take 20 minutes a day to just relax.
- **Exercise your brain** – Protect and improve your memory and mental sharpness by learning something new, doing crossword puzzles, or playing cards or strategy games.
- **Be your own health advocate** – read up on medical conditions you've been diagnosed with, always ask your doctor plenty of questions, get a second opinion, and put legal documents in place to protect your health, such as a living will or medical power of attorney.



HEALTH NET TOOLS TO HELP YOU LIVE A HEALTHIER LIFE

- **Get Fit! Wellness Incentive Program** – This program has been extended until November 30, 2007. To earn up to \$65 in gift cards, start by simply completing the online Health Risk Questionnaire for a \$25 card. It takes only 15 minutes! For a \$40 gift card, you just need to complete one of Health Net's wellness programs. For links, program details, rules and FAQs, go to www.healthnet.com/uc and click on Get Fit!
- **LEAP Fitness Program** – sponsored by WebMD. To get started, go to www.healthnet.com > *It's Your Life- Wellsite* > *Improve My Health* > *Fitness-LEAP* and take the assessment located there.
- **Health Risk Questionnaire (HRQ)** – this confidential online questionnaire helps you uncover potential health risks and gives you positive steps to prevent and control them. Log on to www.healthnet.com > *It's Your Life- Wellsite* > *Health Risk Questionnaire*.

September is also National Cholesterol Education Month! Lower your cholesterol with regular exercise and a diet rich in natural foods!

Source: WebMD.

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