Practicing Self-Care at Every Age

JULY 2016

FEATURED ARTICLE:
Maintaining Your Health as You Age

No matter our age, it is important to care for ourselves physically, emotionally, and socially. As we mature, we need to take the right steps so we can live the most productive and fulfilling lives that we possibly can.

IN YOUR 20S
Lay the groundwork for lasting, health habits such as: maintaining a nutritious diet, exercising regularly, not smoking, avoiding tanning beds and regularly using sunscreen, shunning illegal substances, wearing your seatbelt, and ensuring you receive adequate sleep. Enjoy your youth, energy, and stamina; however, be careful to avoid overexertion, dehydration, and risky behavior. Commit yourself to positive social avenues, such as volunteering, to reduce stress and stay emotionally engaged with others. You may be finishing college and tackling your first real job in this decade. Elevated responsibility may lead to stress and depression. Look for ways to find balance in your life, and if you experience symptoms of depression, reach out to e4health.

IN YOUR 30S
Maintain proper nutrition and be cognizant of your intake of iron, calcium, folic acid, Vitamin D, and other significant vitamins and minerals. This is especially true for women as many are planning families now. A woman feeds into her bone health until about the age of 35, and then that bank of bone health is what is used for the rest of her life. Establish a healthy BMI, and start having blood work done at your physicals to create baseline readings. Take care of your skin with proper hydration, sun screen, and moisturizers. Build muscle. One of the most common health complaints of “30 something’s” is back pain. A strong abdominal core along with good posture, weight bearing exercises, and stretching will go a long way to caring for your back.

IN YOUR 40S
Schedule regular check-ups, continue exercising, and eating healthy because this is the decade where many health concerns may creep up.

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Ensure you are covering all areas such as medical, dental, and vision check-ups. Changes in energy and mood are normal as we age; however, extreme anxiety, loss of interest in things you once loved, or social withdrawal is not healthy. If this happens, talk to a healthcare provider or e4health.

IN YOUR 50S
Risks for chronic health conditions increase as we age, so it is imperative to stay on the path paved with a healthy diet, exercise, and social activity as much as possible. Many women go through menopause during this decade. Talk to your doctor about how to successfully navigate this stage of life. Some men may start experiencing hair loss, prostate issues, or erectile dysfunction. Seek counsel from your doctor on any questions or concerns you may have so you can maintain ideal health.

IN YOUR 60S
Many individuals are thinking about retirement now, or you may determine that working longer is best for you. No matter your plan, healthy habits can help you navigate your 60s with fun and enthusiasm. Be sure to continue regular doctor appointments, stay engaged socially, and challenge yourself. Take a class, learn a new skill, or play “mental fitness” games on your tablet, computer, or phone. Remember to exercise your mind as well as your body.

IN YOUR 70S AND BEYOND
Studies show that stress has a huge impact on your health, and that seniors have an increased risk for depression. Continue your healthy living habits, and focus on being thankful. Count your blessings, not your anxiety triggers. Capture your joy, cling to your spirituality, and hold on to your sense of humor. Be as active as possible – mentally, physically, and spiritually.

Life happens. We grow older, experience many ups and downs, navigate careers, walk through numerous family challenges, and cope with infinite changes. The one constant can be how we care for ourselves. Your body is the engine that propels you through the day. Healthy food is the fuel for that engine. Exercise builds the strong framework that supports the engine. Mental fitness is the computer brain that controls the engine. And social interaction, well, that is your model and color. Some days you are a flashy red Corvette, other days you may be the conservative beige station wagon.

*It doesn’t matter what you drive, as long as you put the right fuel in the tank, get the vehicle maintained, and take her out once in a while.*

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**THIS MONTH, LET US BE YOUR RESOURCE FOR:**

- Counseling to address the emotional aspects of any health condition you or a family member may be concerned about
- Online learning via our webinar, “Taking Care of Your Skin” on July 19th
- Articles and tips on topics related to health and self-care
- Biometric screenings and health risk assessments (HRAs)
- Resources and referrals to traditional and alternative medical providers, as well as specialized health care treatment facilities in your area

**ALWAYS AVAILABLE**

**ALWAYS CONFIDENTIAL**

For whatever work or life issue is on your mind, or for anything related to daily living that you could use some extra help with, let us be your resource. It’s free, it’s confidential, and it’s available to you, as well as your family and household members. Just call or log on to get started.

**800-828-6025**

**www.HelloE4.com**

Not sure what your username and password is?

Email us today!

**eap@e4healthcare.com**

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SOURCES: [http://www.helpguide.org/articles/aging-well/staying-healthy-as-you-age.htm](http://www.helpguide.org/articles/aging-well/staying-healthy-as-you-age.htm),
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