

Humana

PRESENTS

ACTIVE AGING WEEK

INTERNATIONAL COUNCIL ON ACTIVE AGING

PLAYBOOK FOR
ACTIVE AGING



Introduction

Humana, the International Council on Active Aging (ICAA), and Growing Bolder have teamed up on this Playbook for Active Aging to help you make the most of the years ahead — more time with those you love, doing the things you enjoy, and making a difference in the lives of others.

Active aging isn't just about being active physically. The ICAA defines it as, "...fully engaging in life within all seven dimensions of wellness: emotional, environmental, intellectual & cognitive, physical, professional & vocational, social, and spiritual." We've helped illustrate the ICAA's seven dimensions of wellness with stories, links to inspiring videos and tools, tips, and resources to help you on your journey to wellness.

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns. Consult your doctor before beginning any new diet or exercise regimen.

THE 20TH ANNIVERSARY OF ACTIVE AGING WEEK, presented by Humana, is a reminder that the lifestyle choices we all make don't just add years to our life but, more importantly, more life to our years.



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Chapter 1

Emotional

Emotional wellbeing is what helps us navigate life's ups and downs. Feelings are the lens through which we view the world and the ability to be aware of and direct our feelings helps create balance in life. By processing and expressing our full spectrum of emotions, we can strengthen relationships, boost our mood, improve our sleep habits and our physical health.¹

One of the best strategies to create and sustain emotional wellbeing is to practice gratitude. Gratitude helps provide perspective on our experiences and keep our emotions in balance. ² Practicing gratitude is an activity that takes daily focus but can offer health benefits for years ahead.

In the next few pages, try out a sample gratitude journal provided by Humana, an easy activity you can continue every day to improve your emotional wellbeing.



Gratitude Journaling

Practicing gratitude may have a powerful effect on your wellbeing

Instructions on how to use a gratitude journal

Two to three times per week, write a detailed entry about something you are grateful for. Your entry could be a person, a recent activity, or anything else that comes to mind.

Journaling tips and tricks

- Spend 10-20 minutes on each entry. Don't rush to write the first thing that comes to mind. Take time to think about what you're most grateful for.
- Explain (in detail) why you're grateful. For example, if you are grateful for a person, describe what they do that makes you feel grateful.
- Keep your journal somewhere you'll see it and plan when you can write your entries.
- If you are coming up short, use the journal prompts provided.

Consider using the following gratitude journaling prompts

- ▶ Someone whose company I enjoy
- ▶ The best part about today
- ▶ Something I am excited about in the future
- ▶ A valuable lesson I learned
- ▶ Someone who I admire
- ▶ Something beautiful I saw
- ▶ A fun experience I had
- ▶ An act of kindness I witnessed or received
- ▶ Something I can be proud of
- ▶ An unexpected good thing that happened
- ▶ An experience I'm lucky to have had

Chapter 2

Intellectual & Cognitive

It is never too late to train your brain! It's important to challenge your mind to keep it fit and healthy. Engaging in intellectually stimulating activities is a proven approach for keeping our minds alert and interested.³ In the chapter ahead, learn about the composition of the brain, tips to keep your mind healthy, and complete some thought-provoking brain teasers with Humana's Brain Boot Camp. If you're hungry for more questions to challenge your brain, [check out the trivia and brain games on HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).

Another strategy to improve intellectual and cognitive health is to embrace creative pursuits.^{4,42} Creativity can take many forms, such as art, music, cooking, fashion, writing, and photography. We've included a page from Growing Bolder's Live Boldly Coloring Book for you to print off and flex your artistic muscles while improving your brain health.

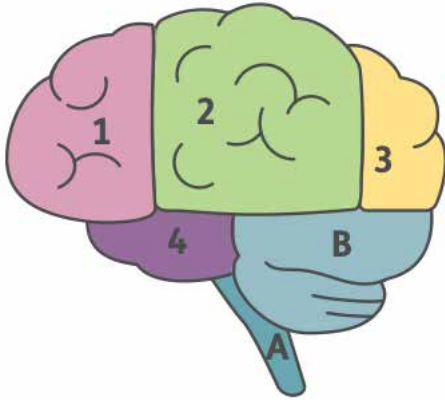
Train Your Brain

Your brain has everything to do with who you are and what you do. It's important to challenge your mind to keep it fit and healthy.

How the brain works

The brain is your body's control center and it controls all human activity. It is made up of several different parts that all work together.^{5,6}

Your brain has four lobes, which make up the cerebrum:



1. The **frontal lobe** is responsible for thinking, planning, problem solving, reasoning and motor skills.
2. The **parietal lobe** controls sensory information like taste, touch and pain.
3. The **occipital lobe** receives and interprets information from the retinas.
4. The **temporal lobe** helps with memory and understanding sounds; it contains the hippocampus.^{5,6}

Your brain also includes your:

- A. **Brain stem**, which controls vital functions like heart rate, breathing and blood pressure.
- B. **Cerebellum**, which helps coordinate balance and posture, as well as all voluntary movements.

The brain is connected to the rest of the body by a complicated system of nerves. Nerve cells, also called neurons, communicate with one another to send signals all over the body. Neurons communicate with one another via synapses; these allow each brain cell to connect to tens of thousands of other brain cells.^{5,6}

The aging brain: What's normal and what's not?

Normal age-related changes	Abnormal age-related changes
Small declines in memory	Being unable to remember recent events
Slower processing speed	Forgetting how to use common objects or words
Increased reaction time	Getting lost in familiar locations
Decrease in speed of learning	Being unable to follow directions
Difficulty doing more than one task at a time	Neglecting safety, hygiene and nutrition
Difficulty ignoring distractions ⁷	Decline in the ability to socialize ⁸

Note: If you or someone you love notice any signs or symptoms of dementia, it's important to talk to your doctor right away.

Tips to help keep your brain healthy



Train your brain

Keeping your mind fit may have short and long-term benefits for your brain, helping reduce your risk of dementia.^{9,10}

Try these activities to challenge your mind:

- Do a variety of puzzles to train different parts of your brain
- Learn new things and take on new challenges and projects
- Break out of your routine and do things differently than you normally do

Tip: You should find your brain training activities challenging, but not impossible.^{9,10}



Socialize to stay connected

Being social may delay the onset of dementia and lower your risk of depression.⁹

Consider these ideas for staying connected:

- Volunteer for a good cause. Think about how your interests and skills could help others.
- Join a club or take a class. Check out special interest clubs, as well as fitness and education classes.
- Keep in touch with friends. Make weekly dates with friends and call or email long distance friends regularly.

Tips to help keep your brain healthy (continued)



Eat brain-friendly foods

Following the MIND diet may lower your risk of developing Alzheimer's disease. It is a mix of two diets: The DASH diet and the Mediterranean diet.¹¹

The MIND diet focuses on 10 brain-healthy food groups:

- Leafy green veggies
- Other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine¹¹

The MIND diet recommends avoiding or limiting:

- Red meat
- Cheese
- Butter and stick margarine¹¹
- Pastries and sweets
- Fried or fast food



Get moving for brain power

Research shows that being more active is linked to a lower risk of Alzheimer's disease and a slower rate of cognitive decline.¹²

This may be because physical activity helps promote cognitive resilience, which is the ability to function despite brain damage from Alzheimer's disease.¹³

The Centers for Disease Control and Prevention recommends 30 minutes of exercise per day, most days of the week.¹⁴

Talk to your healthcare provider for specific recommendations.



Get plenty of sleep

Your brain needs regular, high-quality sleep to function at its best. Not getting enough sleep can leave you feeling irritable and unenergized, but it can also make it harder to think clearly, solve problems and store and recall memories. Deep, slowwave sleep helps the brain store and retain new facts and information.¹⁵

How much is enough? Try to get about eight hours of sleep each night. A short afternoon nap may help, too.¹⁵

Note: If you are having trouble sleeping, talk to your healthcare provider.

Train your brain: Let's practice

These three common sayings have been rewritten using really big words. Can you figure out the original saying?

It is not advantageous to place the sum total of your barnyard collections into the same wicker receptacle.

Feathered bipeds of a kindred mind in their segregated environment associate with a high degree of amiability.

Deviation from the ordinary or common routine of existence is that which gives zest to man's cycle of existence.

Can you solve this murder mystery?

It's a hot August afternoon. In the living room of an old Victorian mansion, the 7-foot window is open and the curtains are blowing in the breeze from a thunderstorm that just passed by. On the floor lies the unclothed body of Joe, surrounded by puddles of water and broken glass.

How did Joe die?

How many squares can you find in the figure to the right?

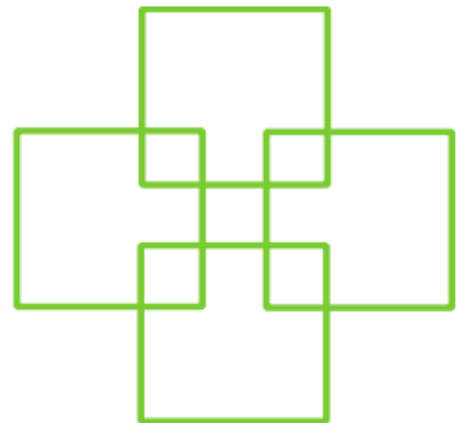
Can you solve this sports-themed brain teaser?

A woman leaves home and makes three left turns, then returns home again. Along the way, she passes two women in masks.

Who were the two women?

Can you do arithmetic to see how much something costs?

Your local grocery store has put your favorite yogurt on sale for 20% off. The yogurt costs \$1.50 before the discount. **How much does the yogurt cost now?**



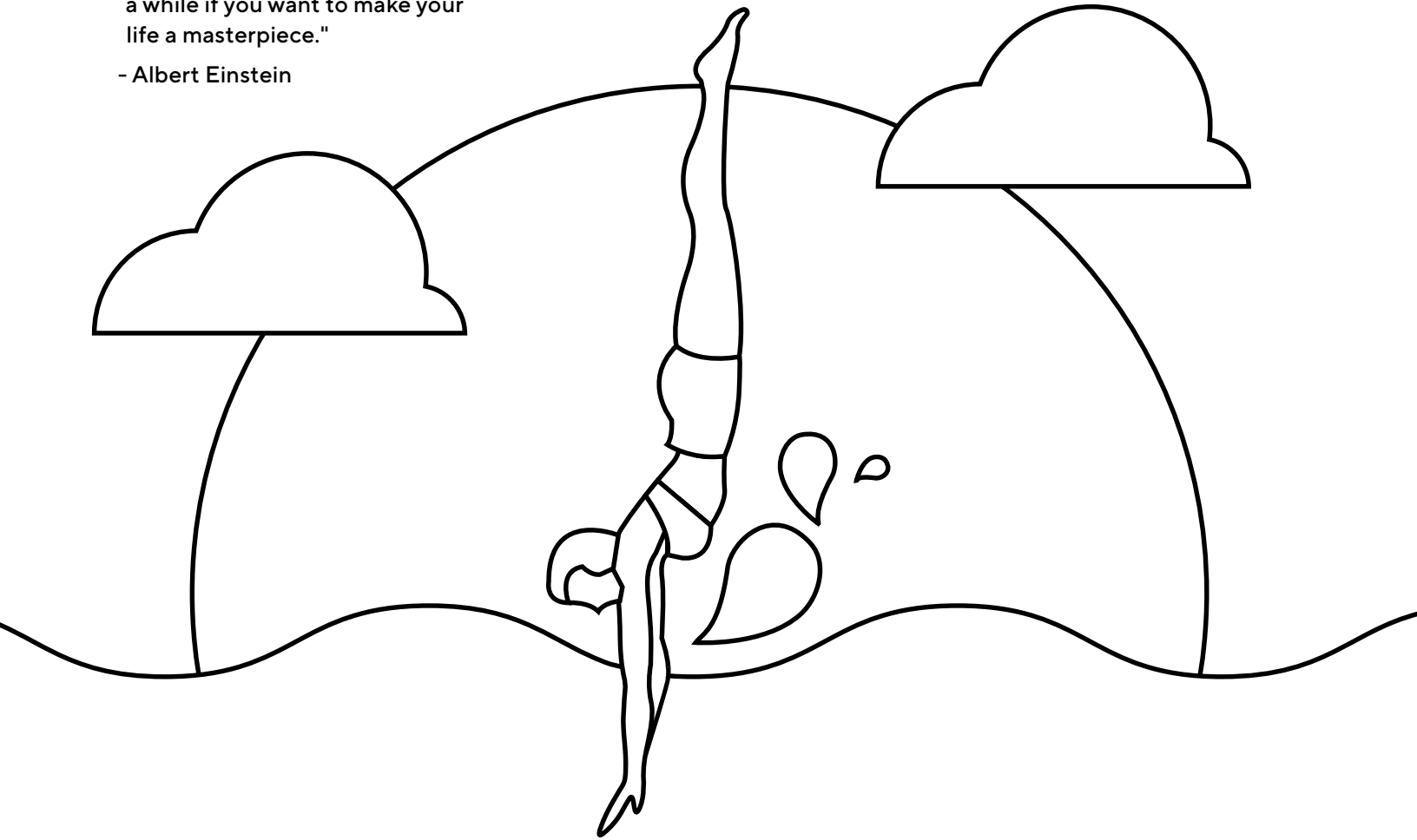
**For the correct
answers**

GO TO PAGE 30

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"Live life to the fullest. You have to color outside the lines once in a while if you want to make your life a masterpiece."

- Albert Einstein



ADVENTURE AWAITS

(ALREADY ON MY SECOND BUCKET LIST)

Chapter 3

Physical

Eighty percent of how long we live is determined by our daily lifestyle choices and only 20% by our genes.¹⁶ People who enjoy active longevity share a few healthy daily lifestyle choices that support physical wellness, one of the International Council on Active Aging's **Seven Dimensions of Wellness**.

Unfortunately, 80% of U.S. adults are not meeting the key guidelines for physical activity.¹⁷ According to the CDC, seven of the 10 most common chronic diseases can be prevented through regular physical activity.⁴³

Physical Wellness isn't just about exercise. It's about the lifestyle choices that we make on a daily basis: how much we move, what we eat, how we sleep, and how we manage stress. It's about adapting to our individual challenges and finding a way to keep moving forward.

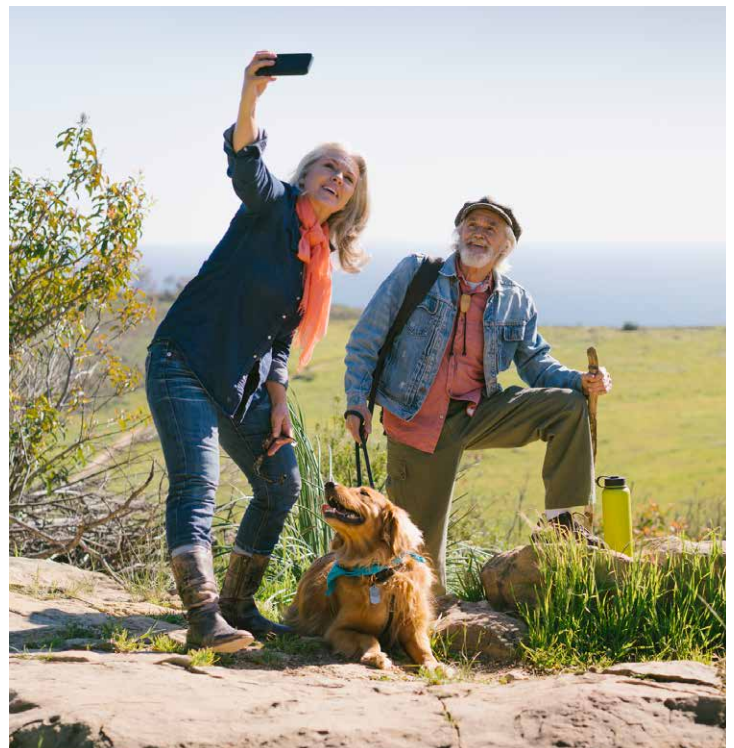
Together these lifestyle choices help keep us healthy and "prehabilitate" us for any future health challenges.¹⁸ This chapter highlights the power of prehabilitation – and one of the most important components of physical wellness – our belief system about what's possible.

The Power of Prehabilitation

We believe that prehabilitation is aging’s ultimate no-brainer because we will all experience a series of physical setbacks as we grow older. And guess what? The types of interventions available to us when we suffer those setbacks and the extent of our recovery afterwards are largely determined by our overall health and fitness at the time — not just by our age. Prehabilitation is simply making a positive lifestyle modification. It’s regular exercise, a healthy diet, plenty of sleep, and stress reduction. Prehabilitation is an important key to help reduce future health care costs and the impact of future health setbacks.¹⁸ Remember to always consult with your healthcare provider if you have any questions or concerns.

Exercise

The **benefits of physical activity** are well documented. According to the CDC, adults 65+ need at least 150 minutes a week of moderate intensity activity, such as brisk walking, or 75 minutes a week of vigorous-intensity movement such as hiking, jogging, or running. If you have a health condition that stops you from meeting these activity levels, the CDC recommends you try to do as much as you can. What’s important is that you avoid being inactive.¹⁹ Consult your doctor before beginning any new diet or exercise regimen.



Healthy Eating

The food we eat can affect how and when we start to see the impacts of aging.²⁰ Learn about **10 anti-aging foods** that may help protect against these effects and prevent disease.



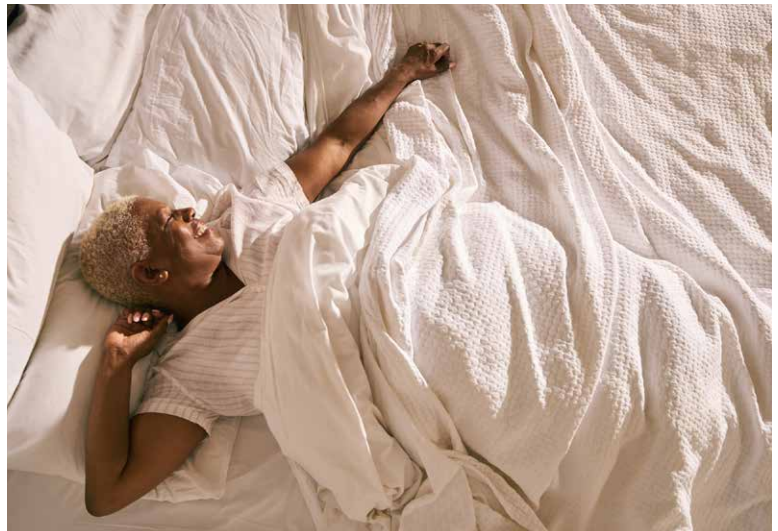
Stress Reduction

Research has found that cumulative stress can suppress the body's immune system, increase the risk of coronary disease and depression and accelerate aging.²¹ Here are **three tips** to help manage stress from the American Heart Association.



Plenty of Sleep

Sleep is vital to our overall health and wellbeing.²² Inadequate sleep can increase the risk of cardiovascular disease, diabetes, obesity, cancer, and immune disorders.²³ Here are **five habits** to improve your sleep health.



Chapter 4

Professional & Vocational

Work that utilizes a person's skills while providing personal satisfaction is valuable for society as well as the individual, and a key to active aging. Whether you're working in a paid or volunteer position, maintaining or even improving your skills while helping others keeps your mind engaged and sharp.²⁵

Older adults contribute to society as experienced professionals, caregivers, mentors, teachers and volunteers. We add years of experience and knowledge to organizations. Donating our time and

expertise allows us to share the joy of activities we love with others while keeping our talents fine-tuned. Combining passion with purpose provides multiple reasons to get up in the morning and participate more fully in life, while also widening the circle of our social connections.

In this section, learn three easy steps to move forward and give back. Where can you contribute your time and talents and begin to make a difference today?

Move Forward. Give Back.®

The Power of Purpose. Having a strong sense of purpose in our later years enhances our health and wellbeing and may even reduce the risk of Alzheimer's, heart disease, and stroke.²⁵ Your purpose doesn't have to be something grandiose. It only needs to be something meaningful to you. It can be work or a hobby, connecting with friends, or spending time with grandchildren. For many, like retired musician William Jones, it's volunteering. Jones, 69, volunteers 3-days-a-week at his local Boys & Girls Club and says what he gives in time he more than gets back in fulfillment. "I've never been more excited to greet each new day," he says. "Volunteering has made this one of the best times of my life."

In a new survey from Age Wave, 87% of adults 65+ said it was more important to feel useful than youthful.²⁶

How to get started

Many of us feel the pull to contribute in our communities. Volunteering your time and talents can be an incredibly rewarding way to find fulfillment and connection. Finding a cause that matches your interests and experiences doesn't have to feel like work. Getting started starts with looking within.

1

Think about the causes and issues that interest you most.

Search for the organizations in your area and reach out to assess their needs.

2

Visualize what you'd like to do.

Would you like to be with people or help from home? Do you prefer organizing or letter writing? Seek out opportunities that fit your skills, personality and expectations.

3

Find a volunteer center in your community.

Find a volunteer center in your community or explore online volunteer referral services such as volunteer.gov. There you will discover opportunities, ideas and actionable steps that can start you on your way.

Chapter 5

Social

Social interaction does much more for you than previously realized. According to research published in the *Journal of Gerontology*, being active socially triggers key areas of your brain that affect everything from your moods to your medical conditions.²⁷ Staying socially engaged keeps your mind sharp, boosts your sense of wellness, and has a positive impact on your overall health. Regular connections with family, friends and others have been shown to be as important to healthy aging as diet and exercise.²⁸

Researchers found people with strong social networks tend to live longer than those who are more isolated. Engaging in social

activities can actually boost your immune system enough to help you fight off disease and recover more quickly. Social engagement is one of the most powerful antidotes for anxiety and depression and can replace them with feelings of inner peace and security.²⁸

In the next few pages, you'll find suggestions for increasing your social outreach and more. Try them! Not only will they be enjoyable, but chances are that you will notice a difference right away.

Start socializing — it is one of the most effective ways of boosting your health and wellbeing.



Finding Your Community

We are social creatures. It's important to our health, wellbeing and happiness to be engaged with a community of like-minded people. In many ways, it's what makes life worth living! Let's face it — aging has some challenges, but together we can turn it from a time of loss and limitation into one of passion, purpose and possibility.



How to Find Your Community:

Look Outside Yourself:

What are the needs in your community? Think about ways you can make a difference.

Look Inside Yourself:

What's missing in your life? What is it you're really looking for? Who would you like to connect with?

Identify Your Passions:

Make a list of things you love to do and enjoy talking about.

Search for New Adventures:

What have you always wanted to do, try or experience?

Explore Groups Online:

Browse social media and join in where interested.

Take Action:

Confidence is important. Don't be hesitant or shy. Be willing to initiate.

Be Open:

To new people, new ideas and new experiences.

Chapter 6

Spiritual

The International Council on Active Aging says living with meaning and purpose, guided by personal values, is essential to feelings of wellbeing and our connection to the larger world.²⁹ Group and individual faith-based activities, personal meditation, mindful exercise such as yoga and tai chi and experiencing nature are examples of ways to help us recognize the interconnectedness of all things and create the opportunity for spiritual growth.

Living in the present moment, or mindfulness, is another way to reinforce our spiritual

wellness. When we find peace within, it translates into how we interact with others and with the circumstances of life.

Co-mindfulness is a concept that wellness experts Doro Bush Koch and Tricia Reilly Koch have worked with to utilize mindfulness in our relationships. In the next pages you'll find Doro and Tricia's 10 principles of co-mindfulness and a worksheet to help you focus on how you can incorporate them into your daily life and help your relationships thrive.

THE 10 PRINCIPLES OF Co-Mindfulness

1. Deep Listening

Deep listening is about making ourselves fully available to another person. When we listen deeply, we listen to the person's emotions as well as their words. Instead of responding with our own story or thoughts to what the person is telling us, we ask questions that draw the person out to forge a deeper understanding and intimacy. The more we practice deep listening with the people in our lives, the more we show them our understanding and love, the more we will be loved and understood in return.

2. Paying Close Attention

Mindfulness is about bringing our full attention to the present moment. In co-mindfulness, we bring our full attention to another person. We pay attention to the person's body language, tone of voice, what they're not saying. We also pay attention to our own thoughts and feelings as we engage with the person. When we pay close attention, we are essentially in meditation with another person, observing with compassion what comes up for them as well as for us.

3. Leading With Curiosity Not Judgement

In co-mindfulness, we reject our automatic default mode with people. Instead, we stay open and curious to everyone with whom we come into contact, even the people we know well. By leading with curiosity instead of with judgment, our relationships become creative spaces where we can be taken by surprise, learn about ourselves and others, explore new levels of intimacy and be inspired to grow.

4. Letting Go of Expectations

Often, what harms our relationships most are the expectations we have of people. And yet, mindfulness is at the heart of accepting what is, which includes accepting the people in our lives for who they are. In co-mindfulness, we strive to love the people in our lives for who they are all the while gently helping them be the best that they can be. Our expectations won't change people, but our love might.

5. Committing to the Truth

A mindful relationship is committed to the truth, even when the truth might be uncomfortable for us. Don't ignore difficult emotions you might be having with someone. Find a kind way to express, in the moment, how the person's actions are making you feel. And remember, the truth goes both ways. Be prepared to listen, with patience and kindness, to the person's experience of your actions.

6. Invite Criticism

None of us are perfect. While this shouldn't be an excuse for bad behavior, it's important to acknowledge that we all make mistakes. Our relationships offer us the best opportunity to learn from our mistakes and grow. So, be proactive and invite the criticism by asking, "Have I said something to hurt or offend you?" The worst that can happen is the person says yes. The best that can happen is you learn from the experience and grow closer.

7. Breathing to Avoid Reacting

Just like we use our breath when meditating to focus our minds, we can use our breath to regulate our anxiety and other difficult emotions to be in the present moment with another person. You're walking into a big meeting, stop for a moment and breathe. Your child is on the attack and pushing all your buttons, breathe. Let your breath keep you centered and prevent you from reacting without thinking.

8. Circling Back to Compassion

We make a huge mistake when we treat our relationships as a means to an end. In co-mindfulness, our compassion drives our relationships, not our self-interest. Instead of asking ourselves, "What am I getting from this person?" we ask ourselves, "What can I give this person? What does this person need?" We do this from a place of strength, knowing that the more care and compassion we show others, the happier and more confident we become.

9. Maintaining Our Integrity

Co-mindfulness is a deeply giving practice. However, at no point does giving generously of ourselves involve compromising our integrity or core values. If someone is mistreating you or acting in ways that don't align with your core values, it's important to speak up. If the person still fails to meet you, then it might be time to walk away. Remaining true to who you are is key to a mindful relationship.

10. Connecting With Love

We wait for the day when love will sweep us off our feet. But we do ourselves a great disservice when we limit love to a romantic experience between two people. Love isn't something that happens to us, it's a choice. We don't wait for love, we give love. Love isn't limited to two people or even a small group of people. In co-mindfulness, we recognize love as a powerful force for change in our world and consciously choose to create sparks of love with every person we meet.

THE CO-MINDFULNESS PROJECT

Is compassion the key to happiness?

The concept of co-mindfulness refers to bringing our attention, integrity and compassion to our relationships to nurture more love in our lives and to thrive. Our individual growth only becomes meaningful in how it lifts up the lives of others. It's about the healing, happiness and sense of fulfillment that we can experience when practicing mindfulness together.

Review the principles below and reflect on the relationships in your own life.

The 10 Principles of Co-Mindfulness

1. Deep listening
2. Paying close attention.
3. Leading with curiosity not judgment.
4. Letting go of expectations.
5. Committing to the truth.
6. Inviting criticism.
7. Breathing to avoid reacting.
8. Circling back to compassion.
9. Maintaining our integrity.
10. Connecting with love.

1. With whom do you currently have the most mindful relationship?

2. Is there a challenging relationship(s) in your life?

3. Which relationship would you most like to improve by practicing co-mindfulness?

4. What principles of co-mindfulness will help you stay accountable to yourself as you work to improve this difficult relationship?

FOLLOW DORO AND TRICIA
On Instagram [@bbandrwellness](#).

Chapter 7

Environmental

Environmental factors contribute significantly not just to how you age, but also to the way you feel about your overall quality of life. Did you know your environment can increase your overall happiness, boost your sense of wonder and help you enjoy life more? Having access to nature, whether through parks, trails, sidewalks or woods can offer a significant boost to your social, psychological and emotional wellbeing. Factors like fresh air, clean water and minimal stress have a direct effect on your longevity.³⁰

In the chapter ahead, you'll find tips for one of the easiest and most beneficial ways of interacting with nature: walking outside.

Plus, learn about the impact that the indoor space you live in has on your wellbeing, with tips to make your home a healthier environment.



Nature Walks to Nurture Your Body

Getting outdoors is an easy way to improve our mental, physical and emotional health every day. Of the countless ways we can spend time in nature, one of the easiest activities to add to your routine is walking outside.

Tips for Developing an Outdoor Walking Routine

- ▶ Finding a nature trail, community park or green space is a great way to create a walking route that will immerse you in the environment. Many local governments post park trails and walking paths in your area that can be found online, but you can also benefit from just a short walk around your neighborhood, too!³¹
- ▶ When walking in a natural setting like a beach, the woods or a park, allow yourself to soak in your surroundings. Slow down to look at the trees, listen to the water, hear the birds chirp or see the sun peeking through the clouds. Exposing our senses to nature is good for the mind and the body.³⁰
- ▶ Consider having a small goal in mind with your walking routine. Studies have proven that having a goal is motivating to keeping a physical routine such as walking. For some, it might be trying to walk an extra minute or a few more steps each day, but your goal doesn't have to be physical. Many find joy in trying to take a picturesque photo on each walk, or identify plants or birds in their area.³²
- ▶ Invite a friend, family member or neighbor to join you. While your body benefits from the physical activity³¹, your mental and emotional health will get a boost from the social interaction.²⁸
- ▶ If you live in an area where the noise of cars or other people becomes distracting, consider listening to a thought-provoking podcast or your favorite playlist to engage your mind. Studies have shown listening to music can reduce anxiety, lower blood pressure and boost your mood while out on a walk.³³
- ▶ Be sure to take the proper precautions for protection from the weather, such as a hat, sunglasses, sunblock, plenty of water and proper footwear. Remember to always consult your doctor before beginning any new exercise regimen.

WELLNESS

Within Our Walls

While we benefit from time spent outdoors, it's also important to take stock of the indoor space in which you live. According to the United States Environmental Protection Agency, Americans spend approximately 90% of their time indoors.³⁴ This means that the things in our homes and the ways we spend our time inside can have a dramatic impact on our health.

Ways To Improve Indoor Spaces To Benefit Your Health:

Bring Nature Inside

Studies have shown that having indoor plants can boost your mood, reduce stress, and can clean the air by absorbing toxins and producing oxygen.³⁵

Increase Airflow

On days with pleasant weather, opening screened-windows and doors is an easy way to improve your living space. Ventilating your home with fresh air can help reduce the spread of toxins, improve breathing, boost your mood and even improve sleeping habits.³⁶

Benefit From Artificial Landscapes

When is the last time you freshened up the artwork on your walls? Studies have shown that looking at artificial landscapes, such as paintings and photographs of nature, can elicit feelings of calm, relieve stress and increase cognitive function. Even watching a documentary or looking at nature photos on your smartphone can have health benefits.³⁰

Create A Sense Of Calm

Lean into daily activities that create a sense of calm in your surroundings. Activities like meditation and yoga create a peaceful environment, which can reduce stress and have cognitive benefits.³⁷ Creative activities that help us to slow down and soak in our environment, such as drawing and writing, can improve our mood and increase mental health.⁴

Consider The Space Between Your Ears

When examining the places that we spend our time, don't forget to consider your headspace. Studies have shown that our belief system has a direct correlation to the way we interact with our surroundings.³⁸ Creating a space in your home for journaling and reflection can help to clear your mind and bring forth a positive attitude.



The Rise of Active Older Adults

Men and women in their 80s, 90s, and 100s are smashing the stereotypes of age by embracing the keys to active aging. Their example is encouraging news for us all.

1: They Didn't Win the Genetic Lottery

Living to an active 100 is more of a lifestyle choice than a genetic blessing. The National Institute on Aging says that longevity is 80 percent determined by lifestyle and only 20 percent by genes.¹⁶

"Biking is a simple sport. Even if you're 75 or 85, you still can bike. There's trails being built all over the United States, so take advantage of it."
- **Jack Eckenrode, 95 (Pictured)**

"You won't see any 90 year olds with big bellies because good health requires good decisions. Take care of yourself because there are no shortcuts."
- **Norman Wall, M.D., 97**

2: They Have A Quality Of Life That They Enjoy

Many are still living at home, spending time with family and friends, traveling, dancing, active on the Internet, and keeping up with current events.

"I wake up every morning welcoming the day filled with energy because I have things to do. I'm appreciating this time. I love my life."
- **Grady Kimsey, 96**

"You should have magic moments and passions. Older people need to have something to look forward to, something to be ready for, something to care about."
- **Julia Hawkins, 106**

3: They Live a Lifestyle That We Can Model

They lead purpose-filled, engaged lives that include the [ICAA's 7 Dimensions of Wellness](#).

"I look for life's little miracles. They are everywhere if only we take the time to notice."
- **Mary Anne Cooper, 96**

"We all need, especially as we age, support and encouragement. People to tell us we can do it and to keep going. A community that surrounds you and encourages you is key!"
- **DeEtte Sauer, 81**

It's Your Move

The goal of Active Aging Week is to help adults of all ages lead purpose-filled and engaged lives by understanding the International Council on Active Aging's (ICAA) [Seven Dimensions of Wellness](#) and how they work together to optimize life's possibilities.

Active Aging Week is a celebration of what's possible as we age, told through the stories of real people and providing real inspiration. Stories designed to help overcome the negative and inaccurate stereotypes of aging that keep us from living the life we want. Before you think, "It's too late, I'm too old, or too weak," remember that stereotypes are internalized, and perceptions can become reality. If we believe the negative stereotypes of aging, we become them.

A major key to active aging and all that it encompasses is to change our belief system about aging; to not identify with loss and limitation but to embrace passion, purpose, and possibility.³⁹ This workbook, filled with tools, tips, and resources, is designed to help you get started.

As we age, it's important that we embrace new challenges and defy the limitations that are often associated with aging. We have to resist the urge to withdraw and step out of our comfort zone to try new things. Maintaining social connections and participating in community activities provides emotional support, combats loneliness, and contributes to an overall sense of well-being.⁴⁰

Don't believe the myth that we can't continue to grow as we age. Older adults have a remarkable capacity to continue to learn and evolve. Age is no barrier to personal development.

Remember that active aging isn't just about movement and it's not just for some. It's about engaging in life to the extent that we're able and it's for everyone. In the words of the ICAA: Active Aging promotes the vision of all individuals — regardless of age, socioeconomic status, or health—fully engaging in life within all seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social, and spiritual.

Start today by developing a beginner's mindset. Embrace change and defy the limitations wrongly associated with age by trying new things and meeting new people.

Remember, one of the greatest threats to our overall health and wellbeing is social isolation⁴¹ and we're here to help. For more tools, tips, and resources to help you on your journey to active aging visit:



ICAA.cc



Humana.com



GrowingBolder.com

Train your brain: ANSWER KEY

These three common sayings have been rewritten using really big words. Can you figure out the original saying?

It is not advantageous to place the sum total of your barnyard collections into the same wicker receptacle.

Don't put all your eggs in one basket.

Feathered bipeds of a kindred mind in their segregated environment associate with a high degree of amiability.

Birds of a feather flock together.

Deviation from the ordinary or common routine of existence is that which gives zest to man's cycle of existence.

Variety is the spice of life.

Can you solve this murder mystery?

It's a hot August afternoon. In the living room of an old Victorian mansion, the 7-foot window is open and the curtains are blowing in the breeze from a thunderstorm that just passed by. On the floor lies the unclothed body of Joe, surrounded by puddles of water and broken glass.

How did Joe die?

He suffocated -- he's a fish!

How many squares can you find in the figure to the right?

9 squares

Can you solve this sports-themed brain teaser?

A woman leaves home and makes three left turns, then returns home again. Along the way, she passes two women in masks.

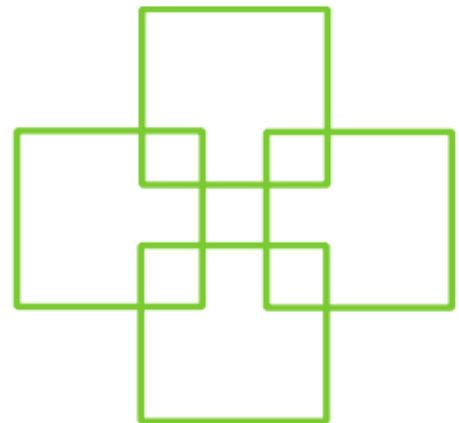
Who were the two women?

The umpire and the catcher. The woman is playing baseball!

Can you do arithmetic to see how much something costs?

Your local grocery store has put your favorite yogurt on sale for 20% off. The yogurt costs \$1.50 before the discount. **How much does the yogurt cost now?**

\$1.20 ($\$1.50 \times .20 = 30$ cents; $\$1.50 - 30$ cents = $\$1.20$)



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