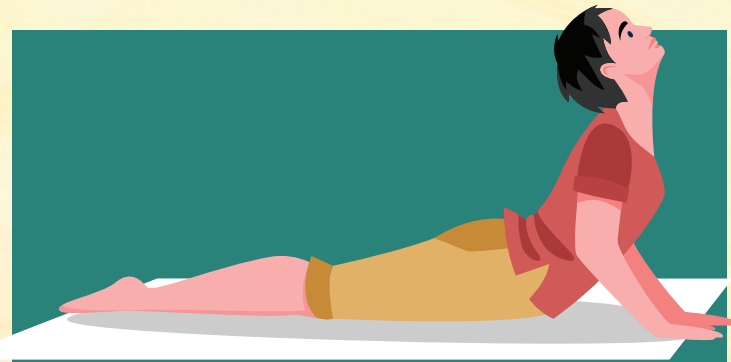


# Tips To **BOOST** Your Health

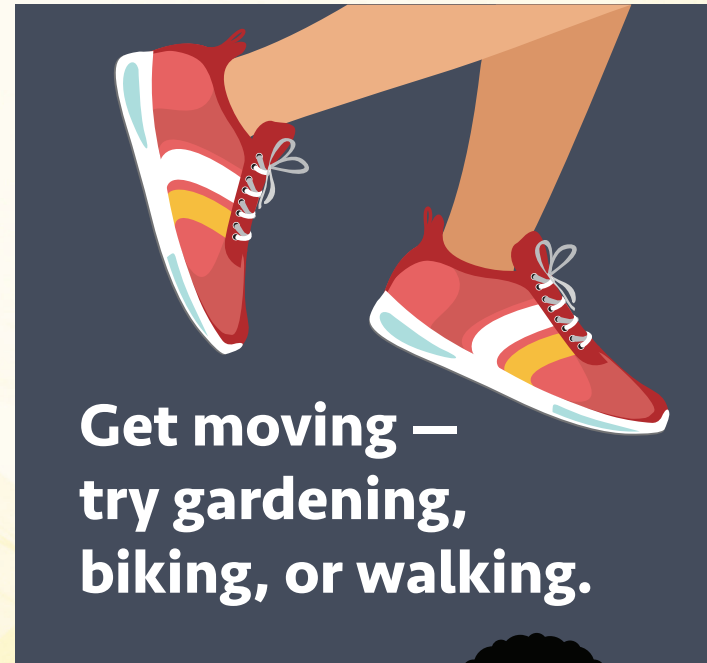
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress —  
try yoga or keep  
a journal.



Learn something  
new — take a class  
or join a club.



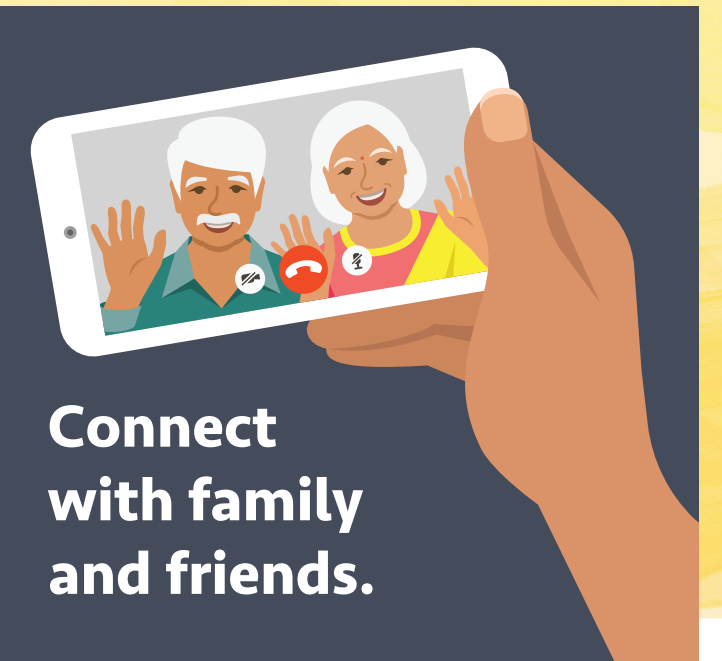
Get moving —  
try gardening,  
biking, or walking.



Choose healthy foods  
rich in nutrients.



Go to the  
doctor  
regularly.



Connect  
with family  
and friends.

Learn more about steps you can take to promote  
healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).