

60 Ways to Stay Healthy After 60



The background of the entire image is a close-up, high-angle shot of vibrant green grass. The blades are long and thin, with some showing signs of being cut or broken. The lighting is bright, creating a mix of deep green and lighter green tones, with some highlights on the edges of the blades.

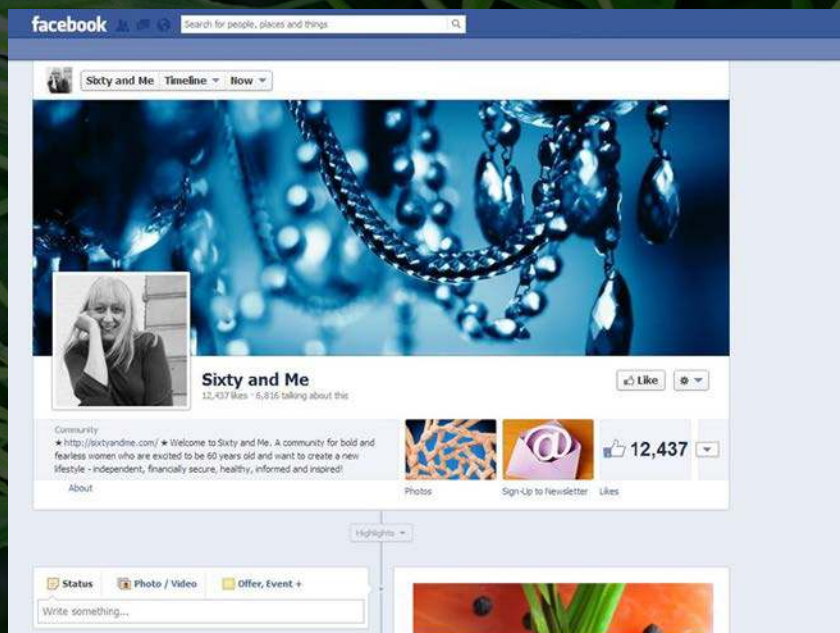
Important Notice

Read this first...

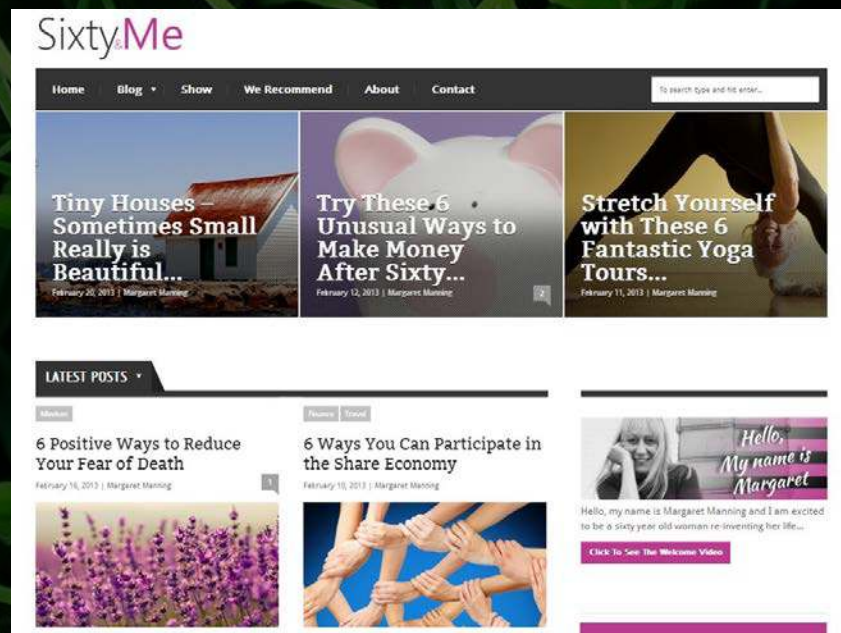
This book is for informational purposes only. Nothing in this book should be considered medical advice. Always talk to your doctor before making any changes to your diet, medical plan, or exercise routine. Consult a doctor before doing anything described in this book. Read our full disclaimer at

<http://www.sixtyandme.com/disclaimer>

Join: facebook.com/sixtyandme



Visit: sixtyandme.com



Cardio Exercise

Cha-cha-cha

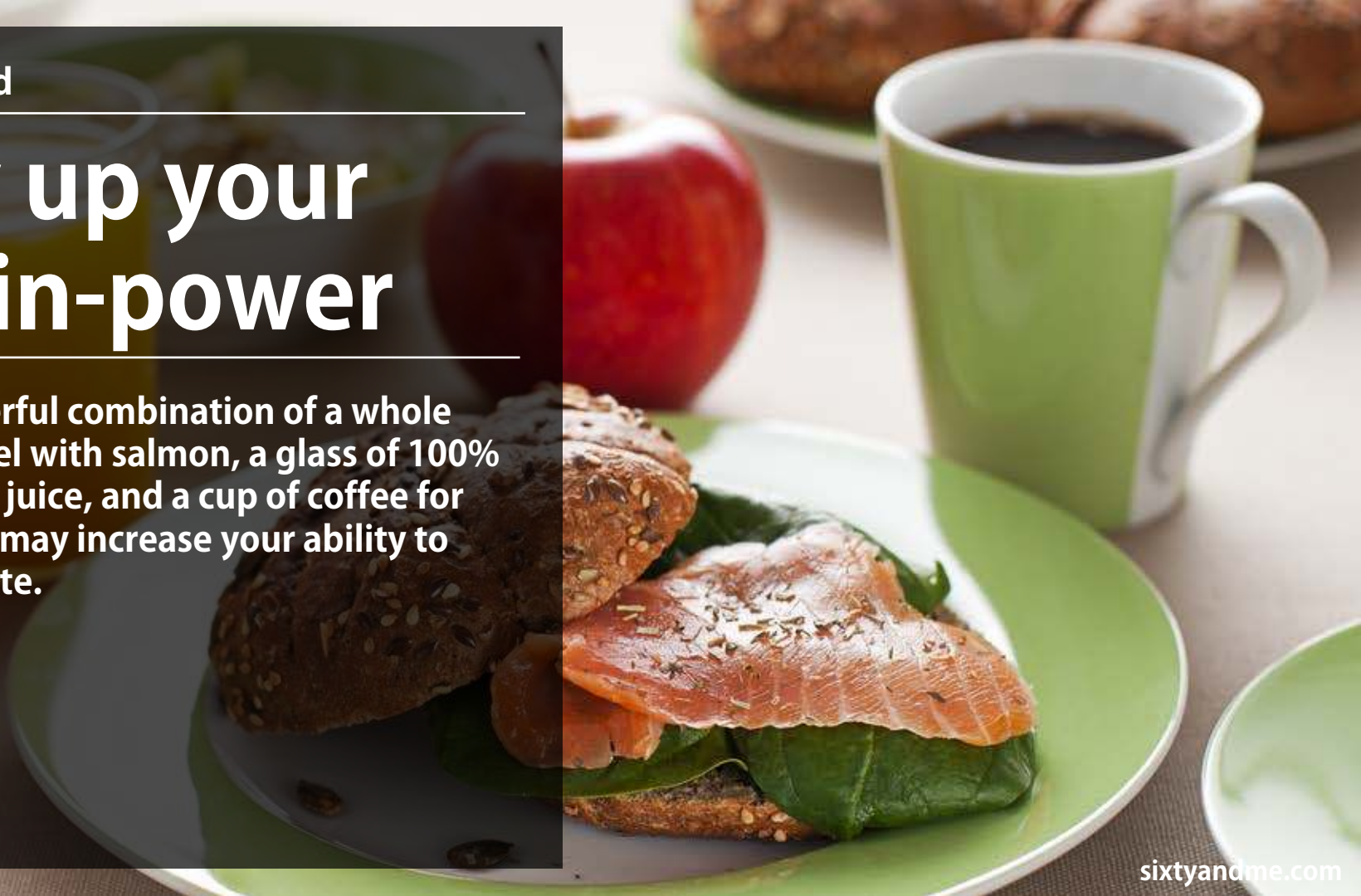
Thirty minutes of daily cardio exercise is one of the best things you can do for your body, but it doesn't have to be a chore. Regular dancing aids in weight loss, enhances balance and coordination, strengthens bones and improves posture, makes muscles stronger, and is just plain fun. Throw a dance party of one!



Brain Food

Rev up your brain-power

This powerful combination of a whole grain bagel with salmon, a glass of 100% fresh fruit juice, and a cup of coffee for breakfast may increase your ability to concentrate.



Listen Harder

Do you hear what I hear?

Did you know you can and should exercise your ears? Here's how, turn on your favorite music and adjust it to a reasonable volume - you should be able to have a conversation without having to talk over it. Now, focus on a single instrument and listen to it. With practice, you'll be able to distinguish more details in the sounds of your everyday life.



Consider Cinnamon

Spice up your life

Sprinkling cinnamon onto your fresh ground coffee before brewing may reduce blood sugar, blood pressure, and even stress. Now that's hot. Read more about the [potential benefits of cinnamon](https://sixtyandme.com/potential-benefits-of-cinnamon).

Strong Relationships

Thank you for being a friend

Having strong relationships is one of the best things that you can do for your health. According to Maia Szalavitz and Dr. Bruce Perry in their book, [Born for Love](#), the benefits of close and meaningful relationships are as great as not smoking when it comes to longevity.




Stretch

Pump up the volume

Rodale.com suggests that to soothe those achy knees, sit in a chair with your legs outstretched in front of you and tighten your quad muscles for 2 seconds and release. Repeat this five times to lubricate your knee joints with nutrient rich fluid squeezed from your cartilage.





Unsalted Pistachios

Go nuts

Switch out the chips for some unsalted pistachios to potentially raise your HDL (good kind) cholesterol. A study conducted by the Department of Integrated Biosciences at Penn State has shown that eating just 1.5 - 3 ounces (57-85 grams) daily for four weeks can have a positive effect.

Ice for Less Bad Taste

Eew, yuk!

Your prescription came in a liquid form that tastes terrible. Instead of avoiding it, a few seconds before taking that spoonful of medicine, suck on an ice cube. It will numb your taste buds, so it won't be quite so disgusting.



Better Relationships

You're the cat's pajamas!

According to marriage counselor Mario Alonzo, PhD, an unhappy relationship can shorten your lifespan by four years and increase your odds of getting sick by 35%. Help [bring the sparkle back](#) by regularly saying what you love, admire and respect about each other.





Eat Bananas

That's bananas!

If you have high blood pressure, one of the best and easiest changes you can make to your diet is eating a banana a day. They're potassium rich, which can naturally lower blood pressure.

Vaccinations

Let's stick together

There are several vaccines to consider as we mature. Check with your doctor to see if you need influenza, tetanus or other vaccinations.



Quit Smoking

Sometimes quitters win

Even if you've been a smoker your whole life, you can still **improve your health** by quitting now, according to Dr. Nicholas Cohen. Women's lung tissue actually heals quicker than men's. Stopping now will decrease the chances of developing heart disease, and many cancers.

PLEASE
NO SMOKING

Try Blueberries

Superfood? Yes, please

Blueberries have long been touted the **superfood**, and they are thought to have a significant positive impact on the brain. They also may reduce the effects of age-related brain disease like dementia or Alzheimer's.



Experience Yoga

Stretch yourself

A regular yoga practice effectively improves our endurance, balance, flexibility, and strength. In addition, in according to The National Health Service (NHS) in the UK, studies have now offered evidence that it also benefits practitioners who have aches and pains - including low back and neck pain, high blood pressure, depression, heart disease, and high stress levels.





Organic Ketchup

Keep it simple, sister

The cancer-fighting phytochemical, lycopene is the buried treasure in your ketchup. One simple way to make sure you're getting its greatest possible benefit is to buy organic, the darker in color the better. Organic ketchup has three times the lycopene as any of the commercial brands, says USDA researcher, Betty Ishida, PhD.

Natural Light

Didn't see that coming

Did you know our eye health is directly connected to our [sleep patterns](#)? Recent studies found that daily exposure to natural light is essential to regulating our normal sleep-wake cycles, so get outside every day and give those peepers what they need. Be careful though not to over-expose eyes to UV light.

Watch Your Diet

Bon appetite!

For some of us, over-eating isn't our problem; it's not eating enough. Women over 50 need between 1,600 and 2,200 calories a day. If you have trouble getting in your minimum calories, pay more attention to what you eat than how much. Eat nutrient rich foods and skip the empty calories so that when you do eat it counts.




Meditation

Om-Mani-Padmi-Om

As women over sixty, we need not only nurture our bodies, but also our minds. One of the best ways to increase coping skills and decrease depression is through meditation. It has the potential to assist in concentration, creativity, learning ability, and memory.





Relaxing Music

Music soothes the beast

Calming a racing heart can be as simple as playing one of your favorite Bob Marley or Bobby McFerrin songs. The typical beat of most reggae tunes is 60 beats per minute, which may calm your heart rate. Relax into the music and let it flow through you, your heart will thank you.

Stop Emotional Eating

Oh, how I want you

Do you crave chocolate when you're hormonal, salty chips when you're bored, or cookies when you're stressed?

Emotional eating is only a problem when it becomes a habit. Try bringing your attention into your body and determining if it's really hunger you feel, addressing the real need behind the craving, and eating mindfully when you do eat.



Healthy Diet

TMI - too much information

By the time we're 60, we understand the benefits of a healthy diet, but too much nutritional information makes eating seem complicated and confusing. Dr. Nicholas Cohen gives us a simple profile for a [healthy diet](#): limit red meat and sugar, eat five servings of fruits and vegetables daily, and ramp up low saturated fat protein - fish, chicken, nuts, beans, peanut butter, and whole grains.



Vitamin E

In a nutshell

In “Brain Foods That Help You Concentrate,” WebMD, maintains that the **Vitamin E antioxidant** has been associated with lessening cognitive decline as we age. Eating just an ounce (28 grams) a day of nuts and dark chocolate will give you the vitamin E you need without excess calories you don't need.



Eat Breakfast

Remember breakfast?

Before you skip another breakfast, think again. Brain research has shown that it isn't just what you eat that's important for brain health; when you eat is important too. Eating breakfast has been proven to boost both memory and attention, according to WebMD.com.



Enjoyable Exercise

You social butterfly, you

That 30 minutes of cardio you need every day should be something accessible and enjoyable to you. Walking and biking only require showing up for the workout. If you're a more social woman, try a game of tennis or a round of golf with friends for a few of those cardio sessions. The important thing is to build endurance.





Drink Water

Drink smart

Did you know that your brain is 80% water? To help keep your thinker from running aground, drink plenty of water. It allows your neurons to perform properly, so you can keep building those all-important new neural pathways.

Regular Doctor's Visits

What's up, Doc?

Since it's often easier to prevent health problems than to fix them, we women over sixty need to take responsibility for our own bodies. Making an annual appointment for a physical exam, reviewing medications, and checking hearing, sight, blood pressure, and cholesterol levels demonstrate that we matter.



Dark Chocolate

For the love of chocolate

Two squares of dark chocolate can satisfy your chocolate craving for just 115 calories. It gets even better!

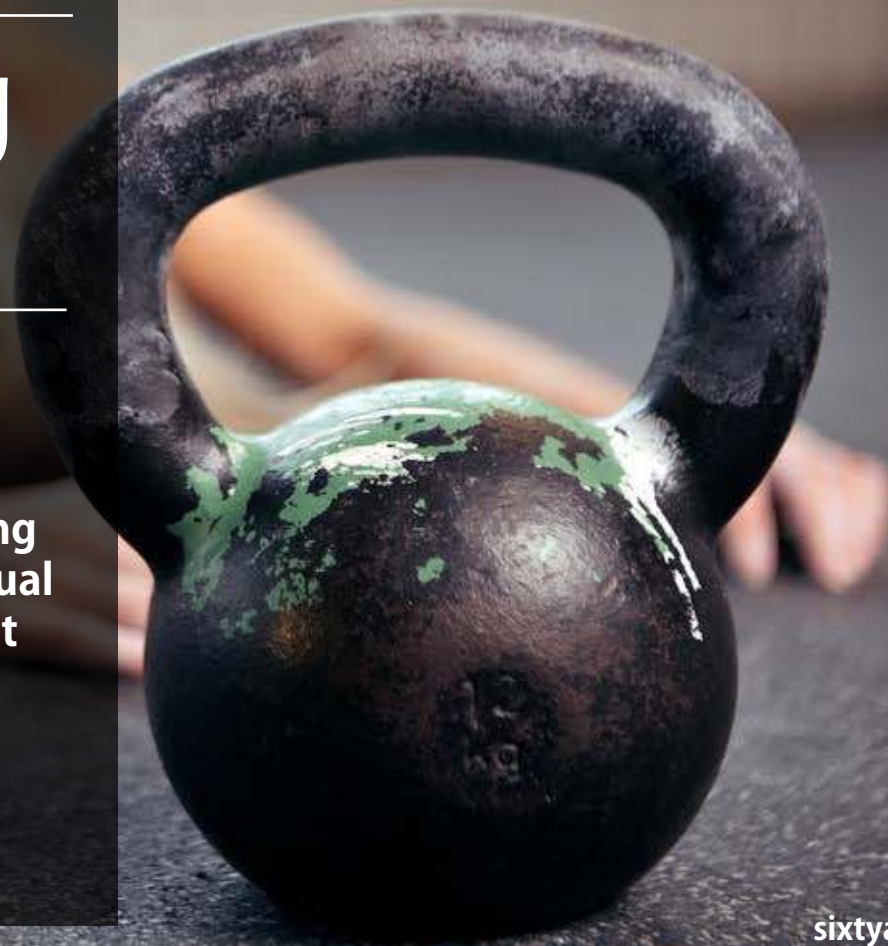
WebMD.com, notes that [antioxidant rich dark chocolate](#) contains caffeine, a natural stimulant that enhances focus and concentration, so treat yourself to a luxurious mid-afternoon pick-me-up.



Strength Exercise

Here's looking at you, kid

Activities like weight lifting and yoga may avert declines in muscle mass and strength. Weight bearing exercise is particularly important for strengthening bones. Bonus: Cardio and diet have equal value, but weight-training wins when it comes to how fit your body looks.



Water with Lime

You're so fresh

When you're in need of a quick energy boost, don't fall for one of those expensive (and questionable) energy drinks on the market these days. Instead, grab a water with lime; the aroma will energize you naturally.



Blueberries

And the winner is...

Blueberries. Yes, we've already talked about them, but you just can't praise these little blue gems enough. Besides their impact on brain and muscle function, according to Mitchell Seymour, MS, University of Michigan's Cardio protection Research Lab, [blueberries may help to reduce the risk of heart disease and diabetes](#). Plus, they're great for burning belly fat. What don't they do?



Brain Exercises

Playing mind games

You've seen them on the Internet - those computerized brain-training games, but do they really work? Glenn Smith and her team from the Mayo Clinic did an [IMPACT study](#) to determine if all that training transfers over to real life. They found that “both trained and some untrained cognitive abilities can improve after two months of structured sensory input training.”

Joint Health

Who's joint is this anyway?

Three times as many women as men suffer from inflammatory arthritis. With that in mind, we've uncovered some ways to help [keep joints healthy](#). Better Medicine says, green tea decreases the substances that destroy joints, pomegranates ease joint tenderness, turmeric and fish oil extracts reduce inflammation, meditation increases coping skills, and tai chi improves physical function, mood, and life quality.

Spend More Time Outside

The great outdoors

Spending time out of the house can be one of the best investments in your health. Even a short daily walk can help you to burn more calories, get more fresh air, and improve your overall mood.



More Stretching

It's the cat's meow

When you roll out of bed in the mornings, before you do anything else, get on all fours - keeping your arms and thighs straight, and arch your back toward the ceiling like a hissing cat; keeping your chin tucked toward your chest. Hold the posture for ten seconds, and then drop your stomach toward the floor arching your back the opposite way and pointing your chin toward the ceiling. Repeat 4 more times. Feels good!



Oral Health

Don't just brush this off

According to the [Mayo Clinic](#), poor oral health has been linked to heart disease, clogged arteries and stroke - possibly because of chronic gum disease. The signs of gum disease are often so subtle that you may not even know you have it, so brush and floss those pearly whites and get regular checkups to ensure healthy gums.





Learn a Language

Use it or lose it

One of the best ways you can keep your memory strong is to learn a new language, according to the website [Livestrong.com](https://www.livestrong.com). There are plenty of opportunities to learn from home if you don't want to take a class. The important things are to choose a language you really love, pace yourself and stress repetition, and immerse yourself in the language as much as possible with music, books, TV, and conversation.

Try Swimming

Like a fish in water

If we still haven't hit on the cardio exercise that suits you, how about swimming? The National Health Service (NHS) in the UK says that besides being a great cardio workout, swimming reduces the risks of type 2 diabetes, heart disease, and stroke. It helps with weight maintenance or loss and elevates your mood.



Small Weight Loss Steps

Avoid the latest craze

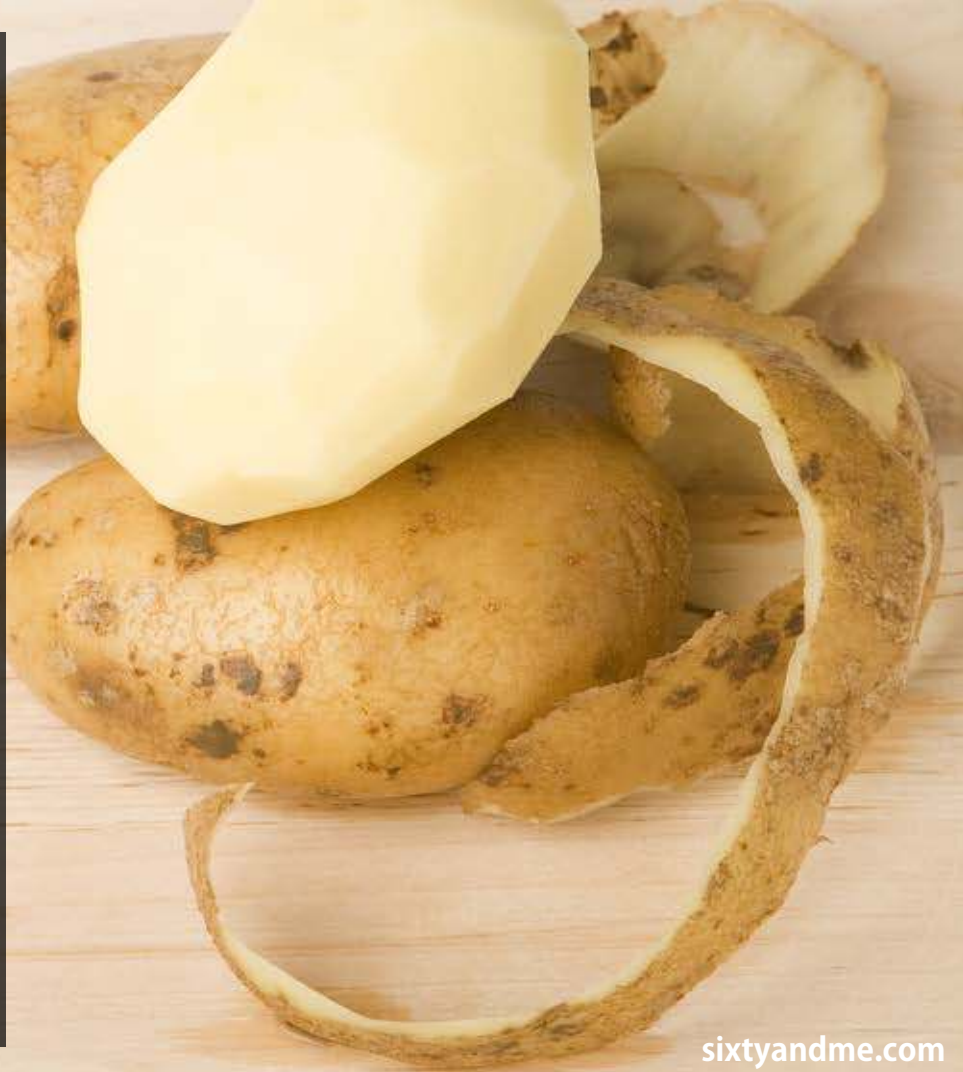
Skip the latest diet craze and take a sensible approach to weight loss. Start with never using a 12" plate again. We tend to fill our plates, so choosing a 9" plate automatically cuts down on how much we eat. Visually divide your plate in half and fill one half with vegetables, divide the other side in half and add portions of protein and carbs. Now, that makes sense.



Eat Carefully

Don't throw that away

Are you throwing away the most nutritious parts of your foods? The greatest portion of nutrients is in the peels of many fruits and vegetables. By peeling that apple or potato before you eat it, you are missing out on the nutrient-rich part of the food.



Medical Testing

Down to the bone

The best way to determine if you're bone healthy is to ask your doctor if you need a [DEXA](#) Scan. Dr. Nicholas Cohen recommends that every woman over 65 be tested. If you have a family history of osteoporosis or other risk factors for the disease, the recommendation is age 60.



Nut Butter

Sweet or salty?

Sweet and salty cravings can be curbed with a tablespoon of natural nut butter spread over half an apple. You'll get the benefits of both protein and fiber with only about 150 calories.



Eye Health

Oh, I see

If you haven't heard enough about the benefits of regular exercise, here's one more reason to get moving. Regular exercise may stimulate good blood circulation and oxygen intake, both essential to eye health.



Emotional Health

The sacred feminine

We women over sixty, in our collective wisdom, have discovered how integral we are to moving humanity forward toward peace and harmony, and to renewing the Earth. Individually, this happens through a belief in ourselves from which our confidence and contributions spring. *Sixty and Me* encourages you to believe in yourself for the benefit of your emotional health and the hope of the world.



A black and white photograph of a group of women huddled together, with their hands clasped in the center. Several of the women are wearing pink awareness ribbons on their wrists. The image is used as a background for the text overlay.

Cancer Screenings

Star in your own screening

Cancer screenings are crucial to prevent, detect, and treat the three most common forms of cancer in women. Talk to your doctor to see which cancer screenings should be on your radar.

Trail Mix

Hitting the trail (mix)

Here's an extra snack idea for women who have a hard time getting enough calories. It not only satisfies your sweet tooth, but also has nutritional value. Make your own cereal trail mix by combining 1 cup of bite-sized whole grain cereal, $\frac{1}{4}$ cup (57 grams) dried cranberries, and $\frac{1}{4}$ cup (57 grams) chocolate chips, and 2 tbsp. (30 grams) sunflower seeds. One $\frac{1}{2}$ cup (113 grams) serving is 130 calories, and it's yummy!



Regular Sleep

Zzzzzzzz...

Sleep is one of life's most essential processes. Unfortunately, in today's busy world, it's also one of the most neglected. Fortunately, there are simple things that we can do to improve the quantity and quality of our sleep. For example, the [Mayo Clinic](#) recommends that we stick to a bedtime schedule, avoid alcohol before bed, and get plenty of exercise throughout the day.



Fish Oil

Something's fishy...

According to WebMD, [Omega 3 fatty acids found in fish](#) are essential to brain development and function, especially as we move through our sixties and beyond. Apparently, these amazing healthy fats may lower the risk of stroke and dementia, slow down mental decline, and enhance memory. What are we waiting for? Fish fry!

Learn New Skills

Go fly a kite

Marie Pasinski, MD, a neurologist at Massachusetts General Hospital Health Care Centers, says learning a new skill uses the part of the brain that is vulnerable to Alzheimer's and dementia. Keeping it active will keep your brain healthy longer. She recommends learning something you can share with others like kite flying, dancing, gourmet cooking, playing chess, or any other activity that isn't isolating.



Calcium Magnesium

Biology rules!

According to [Livestrong.com](https://www.livestrong.com), people over 50 should try to have a calcium intake to [1,200 mg per day](#). However, Dr. Carolyn Dean, MD, ND warns that calcium needs to be carefully balanced with vitamin D and [magnesium](#). Given the importance of this topic, it's definitely worth discussing with your doctor.





Natural Food

Eat real food

Did you know that it's sometimes better to eat a real cookie than those low-fat or low-calorie snack packs filled with preservatives and artificial flavorings and ingredients? When you say it like that, it just makes sense. Whole food takes your intestines longer to process, so you feel fuller longer.

Careful Eating

Eating mindfully

Korean Dahn yoga offers a simple daily diet strategy - “eat real food, not too much, and chew 20 times.” Also, a study in the International Journal of Obesity supports that **chewing 20 times** helps us eat less, because it stimulates satiety hormones.



Be Yourself

Thank you for being you

When we reach out to people in our communities in love - neighbors, store clerks, receptionists, taxi or bus drivers, we spread sunshine and lift spirits everywhere we go. The personal benefits to interacting with our surroundings in this way are feelings of compassion, worthiness, and joy. It also helps to strengthen our sense of belonging.

Zinc

Zinc the secret mineral

If you don't have a problem with dairy products, here's a tip for [strong, healthy nails](#). Evelyn Tribole, RD, and author of *Stealth Health: How to Sneak Nutrition Painlessly Into Your Diet*, tells us to add a hard-boiled egg and a glass of milk to your daily diet; the zinc will make an amazing difference in your nails. Tip: If your nails have white spots on them, it's an indication that you may be low on zinc.



Classical Music

Beethoven or Mozart?

Studies around the world have shown the [benefits of listening to classical music](#). It can decrease stress, anxiety, and depression and lower blood pressure. Classical music has been found to relieve post-surgery pain as well as chronic pain. It heightens emotions, making people more expressive, lessens insomnia, and has been linked to improved IQ.





The Best Sex

Oh, baby!

Women in their 60s and 70s are having the best sex of their lives! If that's not you, Dr. Christiane Northrup suggests you make time to practice massaging your G-spot twice a week to wake it up. When having sex, ask for what you want, focus on your own pleasure, take your time, and if you need to, use lubrication.

Love Your Feet

Something is afoot!

The soles of your feet have more sensitive nerve-endings per square centimeter than anywhere else on your body. That's why that foot massage makes you feel good all over. Our feet work so hard for us, they deserve some serious love. Stretch toes, feet, and ankles to be kind to those joints.



Avocados and Whole Grains

Whole grain chips, anyone?

Our hearts and brains are particularly dependent on good blood flow. [Eating avocados and whole grains](#) lower bad cholesterol and the risk of cardiovascular disease. Consequently, there may be less plaque buildup and better blood flow, according to WebMD.



Care For Your Hair

Hair - not the musical

As women age, our hair follicles become dormant and hair shafts shrink in diameter. That means that as we stop growing new hair, the hair we do have also gets thinner. To proactively keep our lovely tresses: avoid harsh dyes, get proper nutrition and exercise - feeding nutrients and encouraging blood flow to hair follicles, treat your hair gently and avoid hairstyles that pull our hair tight.

Greek Yogurt

It's Greek to me

Much of the yogurt on the grocery shelves today is loaded with sugars and sweeteners. If you're managing your weight, try ½ cup (122 grams) of nonfat Greek-style yogurt with one teaspoon of real fruit preserves. It's naturally sweetened and only has about 100 calories.



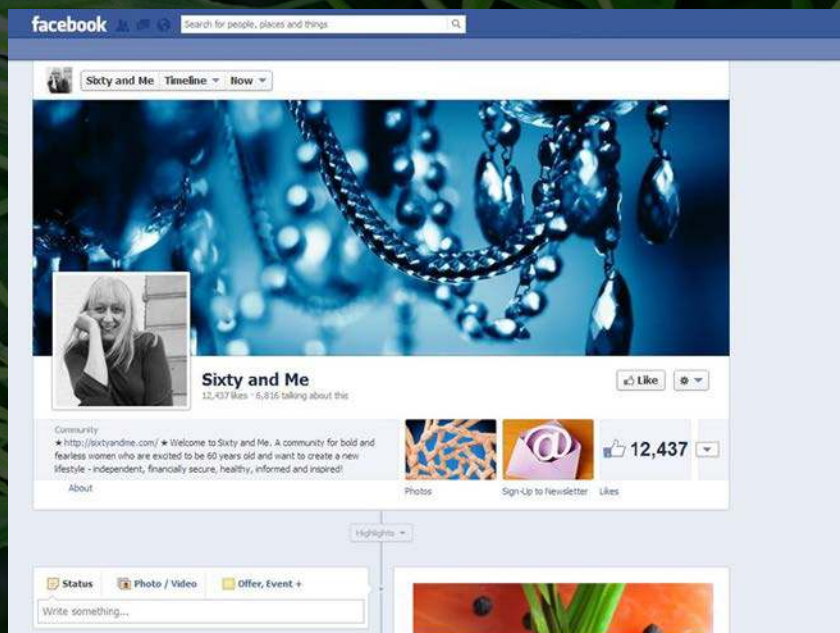
Be Grateful

An attitude of gratitude

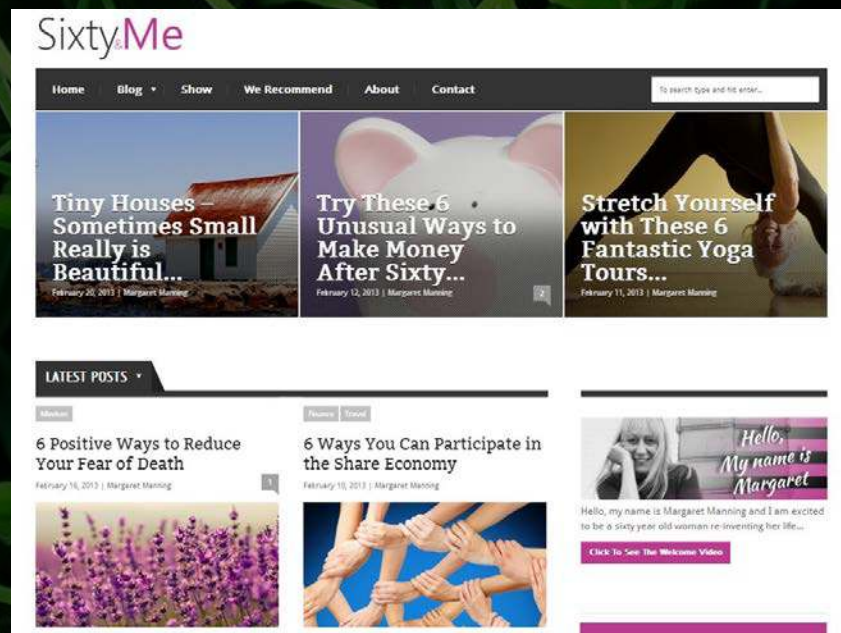
We've saved our best health tip for last. The most important thing you can do for your health is to approach it with a good attitude. Several recent studies have actually shown that gratitude does indeed make you happier. Sixty and Me recommends a gratitude journal to keep by your bed. Every day, write down 5 things you're grateful for and watch the magic.



Join: facebook.com/sixtyandme



Visit: sixtyandme.com



The background of the entire image is a close-up, high-angle shot of vibrant green grass. The blades are long and thin, with some showing signs of being cut or broken. The lighting is bright, creating a mix of deep green and lighter green tones, with some highlights on the edges of the blades.

Important Notice

Don't Forget...

This book is for informational purposes only. Nothing in this book should be considered medical advice. Always talk to your doctor before making any changes to your diet, medical plan, or exercise routine. Consult a doctor before doing anything described in this book. Read our full disclaimer at

<http://www.sixtyandme.com/disclaimer>

The background of the entire image is a close-up, high-angle shot of vibrant green grass. The blades are long and slender, with some showing fine details like veins and dew-like droplets. The lighting is bright, creating a mix of deep greens and lighter, sunlit areas.

Important Notice

Copyright

Copyright © 2013 Sixty and Me. All rights reserved.

Republishing only allowed with express written permission from the Sixty and Me owners.

Contact partners@sixtyandme.com for republishing questions.