

Positive Aging: Stay Healthy for Life!

Research shows our bodies and brains improve and remain healthy when actively used. A myth about aging is that we are pre-wired to "fail" with age. On the contrary, research shows these *5 key actions* can help you stay healthy for life:

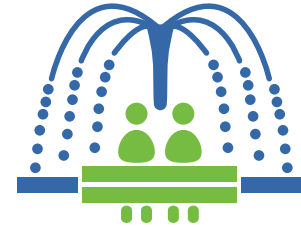
1. Stay *Socially Active*

2. Change How You *Think* About Aging

3. Stay *Physically Active*

4. Take Care of Your *Mental Health*

5. Continue to *Learn New Things*



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Fountain of Health Facts & Goal Setting

1. Fact: Social activity lowers your risk of dementia, improves mood and increases longevity.

Q. What steps can you take to increase your social activity?_____

2. Fact: A positive outlook about aging is linked to faster recovery from illness and longer life.

Q. How will you change the way you think about aging?_____

3. Fact: Physical exercise is good for your heart and your brain. Exercise can lower your risk of dementia and improve your mood.

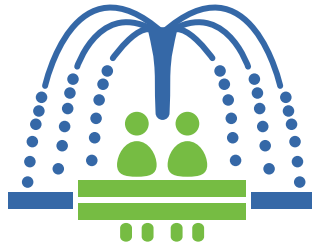
Q. How will you increase your weekly physical activity?_____

4. Fact: Sadness and dementia are NOT a usual part of aging. Mental illnesses are treatable — it is important to seek help.

Q. How likely are you to seek help if you need it?_____

5. Fact: Lifelong learning improves your brain function, including memory.

Q. What will you do to keep your brain active?_____



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DID YOU KNOW?

We are expected to live longer than ever before. Nova Scotia has the oldest provincial population in Canada... Let's make it the healthiest!

Take the *Fountain of Health* pledge:

I hereby pledge to set some goals and make at least one positive change or action:

My Goal: _____

Signed: _____

Date: _____

*Do it for your community. Do it for your family.
Do it for yourself.*

The Fountain of Health is your source for reliable science-based information about positive aging, with steps you can take to promote good health.

Fountain of Health is supported and promoted by:



For more information and resources please visit our website:

www.fountainofhealth.ca