



New Year's Resolutions for Older Adults

As you map out your 2025 New Year's resolutions, focus on attainable goals that boost your health and overall quality of life. Below are five positive ways to refocus your energy for a new year.

1. Keep a Positive Mindset. According to research, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

2. Commit to 10 Minutes of Exercise Daily. Incorporating even a 10-minute daily exercise regime can drastically improve physiological characteristics such as blood pressure, resting heart rate, maximum pumping capacity, and muscle mass.

3. Make Better Dietary Choices. As you age, you will need to consume fewer calories but more nutrients. Eat at least five servings of fruits and vegetables per day and choose whole grains over refined ones and lean meats over fatty options.

4. Quit Smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life.

5. Stimulate Your Mind. Regularly challenging your brain through reading or crossword puzzles is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia.

Did You Know...

Are you a veteran or the surviving spouse of one? If so, you may be eligible to receive adult day health assistance or in-home care with no out-of-pocket costs through a partnership between Senior Citizens, Inc. and the VetAssist® Program. To learn more about the program, call Senior Citizens, Inc. at 912-236-0363.



