



# Resident Wellness Newsletter

## Graceful Aging

Ok, so we get it. We lose things as we get older – eyesight, hearing, feeling, taste, smell. And, to top it off, we are more prone to depression. Well, with listening to this list of grievances, how could you not get depressed?

Like most things in life, however, things do tend to balance out.

As we advance in years, MOST of us can be said to gain in Wisdom.

Intelligence is the ability to apply knowledge in novel ways, making links between things that were never seen as linked before. Intelligence helps us to adapt to changing environments.

- Associations
- Experience
- Pattern Detecting
- Analogies

Wisdom comes from accumulated experiences and knowledge.

Conversely, if you stop having new experiences, you stop gaining in wisdom.

According to the book Successful Aging by Daniel J. Levitin, lifetime brain health can best be maintained by employing the COACH Principle:

**C** - Stay **CURIOUS** about the world and the people in it. The most reliable way to keep your brain healthy is by continuing to learn new things. Wonder what kind of bird you saw outside your window today?

Look it up - research it's habits. Ask questions and seek our answers.

**O** - Stay **OPEN** to new experiences. When your neighbor asks you to join them at a new exercise class, don't hesitate! Get out there and try it.

**A** - Maintain **ACTIVE** associations with people. You may have to change how you maintain relationships as you age, but avoiding the tendency to isolate is so vital.

**C** - Be **CONSCIENTIOUS** about your health. Monitor what is "normal" for your body and follow up on changes that you notice with a medical professional.

**H** - Include **HEALTHY** lifestyle practices in your daily life. Eat a balanced diet, remain physically active and ensure that you are getting adequate sleep.

**Question:** How can you ensure you gain WISDOM as you age?



**Answer:** Be open to continuing to have NEW EXPERIENCES!



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