

# Healthy Decades

## WELLNESS TIPS FOR WOMEN OF ALL AGES

### Teens



- Eat healthy foods and find a sport or physical activity you really enjoy.
- Get plenty of sleep.
- Talk with your provider about your emotional health.
- Schedule your first gynecological (GYN) visit and get the HPV vaccine.
- Educate yourself about healthy relationships, birth control and sexually transmitted infections.

### 20s



- Get active and stay active.
- Don't smoke. Don't abuse alcohol or recreational drugs.
- Protect your skin with sunblock to keep it youthful and healthy.
- Eat whole foods, including plenty of fruits and vegetables.
- Schedule a routine physical and keep up with immunizations.
- Keep up with your GYN visits, especially if you're planning a pregnancy.

### 30s



- Eat a healthy, well-rounded diet. Include foods with folic acids, like dark green, leafy vegetables, which support brain health, memory and mood.
- Limit alcohol intake.
- Focus on building better bones and muscles through high-intensity interval training (HIIT).
- Make depression screening part of your annual physical.

### 40s CRITICAL DECADE



- Consistently follow up with your primary care provider to screen for heart disease risk factors and diabetes.
- Fill your diet with fiber and antioxidant-rich foods.
- Cut back on alcohol, sugar and refined carbohydrates to ward off disease.
- Schedule a mammogram.
- Establish and maintain a consistent bedtime routine.
- Get screened for skin cancer.
- Schedule a colonoscopy when you turn 45.
- Keep up your annual GYN visits to help navigate perimenopause.

### 50s



- Menopause! Your provider will work with you to manage any challenges as your body adapts.
- Reach and maintain a healthy weight. It's all about diabetes prevention and heart health now.
- It's never too late to achieve a healthy lifestyle. Stay committed (or recommit!) to regular physical movement and healthy eating.
- Cut back on sodium.
- Eat plenty of vegetables and eat more fatty fish (like salmon) to get heart-healthy omega-3 fatty acids.
- Keep moving to preserve muscle and protect bone density.

### 60s



- See your health care provider regularly and get screened for diseases to catch them early.
- Add more fiber to your diet.
- Exercise your body. Walk more, feel better, and stay active! Pickleball!
- Exercise your brain. Join a book club or discussion group. Take classes at the local college or community center — whatever interests you.

### 70s+



- Safety in the home, particularly in preventing trips and falls, is paramount to preventing fractures. Time to get rid of those throw rugs!
- Get moving! Exercise and physical activity will help you stay limber and preserve bone density.
- See your provider regularly. Don't miss appointments, even your GYN appointments.
- Don't be afraid to talk to your provider about sexual health and bladder health.
- Ask a nutritionist if you're getting all the nutrients you need.
- Stay connected with family, friends and other members of the community.

