

12 KEYS TO A HEALTHY FUTURE



Presented by Marilyn Albertson,
Utah State University Extension Associate Professor



KEYS TO EMBRACING AGING

Developed
by



Revised By
Marilyn Albertson



May you all make it to a healthy 100 and a half!



Establishing healthy lifestyle behaviors throughout your life influences optimal aging

- Positive Attitude
- Eating Smart
- Physical Activity
- Brain Activity
- Social Activity
- Tuning Into the Times
- Practice Being Safe
- Know Your Health Numbers
- Stress Management
- Financial Affairs
- Sleep
- Taking Time for You

- Accept change
- Don't let ageism in
- Stay mentally healthy
- Do things that make you happy



Story of Janet's Sister Irene - 94



- Examine your relationship with food
- Eat a variety of nutritious foods
- Don't skip breakfast
- Control your portions
- Everything in moderation
- Drink more water
- Get the skinny on fat
- Fight cholesterol
- Just say NO to excess sodium
- Consume less sugar
- Carb up the healthy way
- Eat smart while eating out
- Count your calories



- Balance
- Endurance
- Strength
- Flexibility



Goal = 150 minutes per week

Include Physical Activity in your Life

- Make it a priority
- Make it easy
- Make it social
- Make it interesting
- Make it fun
- Exercise doesn't just happen,
you have to make it happen



Brain stays healthy or improves with:

- Socialization
- Mental Stimulation
- Physical Activity
- Nutrition
- Sleep



Meaningful relationships,
social experiences, and
activities contribute to:

- Overall physical and mental health and well-being
- Happiness
- Decreased Depression



- Finding ways to volunteer and help in your community makes a big difference in your overall health:
 - Volunteer at one place
 - Explore new ways to volunteer according to needs in your community
 - Volunteer in your neighborhood



- Promotes life-long learning
- Increases knowledge
- Enhances problem-solving & decision making
- Exercises the brain
- Broadens social opportunities



- Cell Phones and Smart Phones
- Computers and the Internet
- Video Games
- Music
- Current Events
- Skype/Zoom
- Instagram

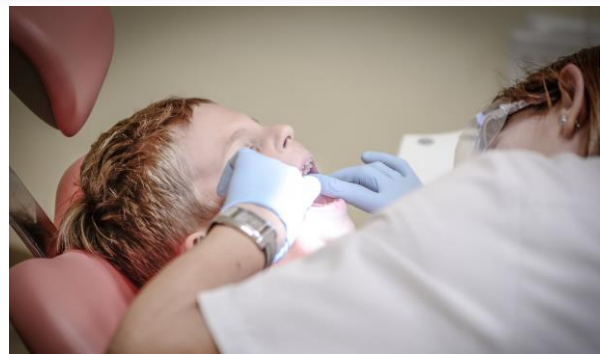


**Old dogs CAN
learn new tricks!**

- Home Safety
- Motor Vehicle Safety
- Personal/Health Safety
- Recreational Safety
- Emergency Preparedness
- Internet Safety
- Scams and Cons



- Cholesterol: <200
- Triglycerides: <150
- Blood Pressure: 120/80
- Blood Sugar: <100
- Body Mass Index: 18-25
- Waist Circumference:
<40 (men) & <35 (women)



What are your numbers?

BMI

Weight in pounds / (height in inches x height in inches) x 703

Waist Circumference

Place a tape measure around your bare abdomen just above your hip bone. Be sure the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, then measure.



Change the situation

- Avoid the stressor
- Alter the stressor

Change your reaction

- Accept the stressor
- Adapt to the stressor



- Set aside relaxation time
- Connect with others
- Do something you enjoy every day
- Keep your sense of humor
- Practice deep breathing
- Work on a hobby



- Budget Development
- Money Management
- Wise Use of Credit
- Consumer Protection
- Saving Goals



Sleep is Important:

- Learning and Memory
- Metabolism and Weight
- Safety
- Mood
- Heart Health
- Disease Prevention





Sleep Recommendations:

- Use your bed for sleep
- Ditch the screens
- Restrict time in bed if time spent in bed is lying awake
- Exercise in the afternoon or early evening - not within a few hours of bedtime
- Avoid caffeine, nicotine, and alcohol at least 3-4 hours before going to bed
- Try to go to bed at the same time every night...and wake up at the same time every morning
- Keep in mind that daytime naps affect nighttime sleep

- Get to know yourself
- Take care of yourself
- Take a Break
- Make a “to do list”
- Be physically active
- Eat smart and drink water
- Relax
- Laugh
- Learn to say “NO”
- Create a bucket list

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Aging in an inevitable process...

By embracing a healthy lifestyle throughout life you will have a greater ability to engineer a positive approach to the aging process.







RESOURCE INFORMATION

For youth audiences:

The title was changed from “KEYS TO EMBRACING AGING” TO “12 KEYS TO A HEALTHY FUTURE”.

Additional pictures of youth or children and a couple of extra slides were added. The majority of activities used were taken directly from the **Keys to Embracing Aging Leader Guide**, worksheets and other resources listed on their website.

See notes pages below slides for power point info.

**-Marilyn Albertson, Salt Lake County
Utah State University Extension -2019**

- THE INFORMATION ON THIS POWER POINT COMES FROM KANSAS STATE UNIVERSITY:

- <https://www.aging.k-state.edu/programs/embracing-aging/embracing-aging.html>

(see next slide for support materials list)

- Power Point “Keys to Embracing Aging 101” was adapted.
- In a training I attended at National Extension Association of Family and Consumer Sciences Conference 2018, KSU faculty indicated they adapt the power point and title when working with teens but teach same concepts. That is what I have done here.

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- **Key Program Materials**

- [Leader's Guide](#)

PowerPoints

- [Keys to Embracing Aging 101](#)
- [Positive Attitude](#)
- [Eating Smart](#)
- [Physical Activity](#)
- [Brain Activity](#)
- [Social Activity](#)
- [Tuning Into the Times](#)
- [Practice Being Safe](#)
- [Know Your Health Numbers](#)
- [Stress Management](#)
- [Financial Affairs](#)
- [Sleep](#)
- [Taking Time for You](#)

Fact Sheet Publications

- [Keys to Embracing Aging 101](#)
- [Positive Attitude](#)
- [Eating Smart](#)
- [Physical Activity](#)
- [Brain Activity](#)
- [Social Activity](#)
- [Tuning Into the Times](#)
- [Practice Being Safe](#)
- [Know Your Health Numbers](#)
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- [Financial Affairs](#)
- [Sleep](#)
- [Taking Time for You](#)

Evaluations

- [101 Evaluation](#)
- [Individual Key Evaluations](#)

Program Support Materials

- [News Release/Consumer Tips](#)
- [Marketing Flyer](#)
- [Success Story Template](#)
- [3-Panel Poster](#)

- [Keys to Embracing Aging Worksheets](#)
- [BMI](#)
- [My Bucket List](#)
- [Build Your Savings](#)
- [Eating Smart MyPlate](#)
- [Family Emergency Plan](#)
- [Ready on a Budget](#)
- [Recipe Cards](#)
- [Stress Management](#)
- [What Are You Doing to Prepare?](#)
- [Activity Guides](#)
- [Neurobics Olympics](#)
- [Deskercise -- Sit, Stretch, Strengthen](#)
- [Deskercise: Small Joints are a Big Deal](#)

- Attached on the next page is another style of Title slide if you would rather use this when presenting to teens.

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