



To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

An OUNCE of Prevention Does Equal a POUND of Cure

People and cars are a lot alike; each usually works well when new, but they tend to need more attention and maintenance with age. You take your car in for regular oil changes and other scheduled maintenance. As a result, your car continues to be dependable, and you eliminate major repairs in the future. Are you following this same preventive approach with your body—the one machine that must last you an entire lifetime?

Prevention Facts For Your Healthy Future

You need to plan for a healthy future with your own maintenance schedule. First, you need a daily routine that supports healthy living. This includes eating a balanced diet, getting regular exercise, managing stress, and finding time for recreation. Second, you need to be aware of health risks for your age and gender. For example, breast and uterine cancer for women, and prostate cancer for men require personal monitoring. Finally, you need to work with your doctor, or other health care provider, to screen for early development of health problems.

You need to review your personal maintenance schedule when:

- ✓ *You pass 40 years of age*
- ✓ *You change doctors*
- ✓ *You have not seen your doctor in the past year*
- ✓ *You know that part of your life is out of balance*
- ✓ *You don't consciously include healthy living as a part of your life plan*

Your Personal Health Maintenance Plan

Keep the following guidelines in mind to help you keep your body in top condition:

- ✓ *Plan your diet to include multiple meals that provide a wide variety of foods*
- ✓ *Monitor your weight and make early adjustments in serving size and selection if you notice weight gain*
- ✓ *Allow yourself 15 or more minutes each day of quiet or "down" time to relax*
- ✓ *If you are over the age of 40, take a generic multivitamin each day*
- ✓ *Get regular comprehensive physical examinations*
- ✓ *Know your body well enough to detect any change in physical appearance or body secretions and, if it lasts for a few weeks, see your physician*

Aging Well By The Numbers

- » Every eight seconds a baby boomer turns 50.
- » It's been estimated that by 2010, workers aged 55 and older will comprise 20% of the workforce.
- » In 1900, life expectancy at birth was about 49 years. By 1960, life expectancy had increased to 70 years and in 1997, life expectancy at birth was 79 years for women and 74 years for men.
- » Despite living longer, incidence of heart disease, diabetes, cancer, and stroke have been increasing for those over age 70.
- » The size of the older population is projected to double over the next 30 years, growing to 70 million by 2030.

Source: AARP, US Census Bureau, Federal Interagency Forum on Aging Related Statistics



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