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Tips To Boost Your Health as You Age

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Many factors can influence healthy aging. While some of these factors, such as genetics, are not within our control, research shows there are steps you can take to help manage your health as you age. Even making small changes in your daily life can help you live longer and better.

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Tips To **BOOST Your Health as You Age**

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Manage stress — try yoga or keep a journal.
- Learn something new — take a class or join a club.
- Get moving — try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.
- Go to the doctor regularly.
- Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.

NIH National Institute on Aging

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- Learning more of [what we know about healthy aging](#)
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