

Seniors Trend Report - Week 1

Welcome to Week 1! We're so glad you're here. This week, we're starting with some simple heart health tips, easy-to-use tech to make life smoother, lifestyle habits to boost your energy, and a little idea to help you stay connected with friends and family.

Health:

Focus on heart health by adding more walking into your daily routine. Just 20 minutes a day can improve circulation and reduce stress.

Technology:

Try a simple step counter app on your phone or a basic fitness tracker to monitor your daily activity -- no complicated setups needed!

Lifestyle:

Drink plenty of water and get outside for fresh air daily. Sunshine helps your mood and energy levels.

Idea:

Schedule a weekly phone or video call with a friend or family member to stay connected and share updates.