

Skating To Better Health

by Peggy Fleming

Feel Younger Longer

(NAPSA)—A healthy lifestyle can help you improve with age. Here are a few steps to consider.

Be Proactive

- Reduce your risk of heart disease with a cholesterol screening every five years, starting at age 35 for men and 45 for women.
- Starting at age 40, women should have a mammogram every one to two years.
- Diabetic adults are two to four times more likely to suffer a stroke



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than those without this disease, which a doctor can detect before symptoms occur.

Stay Active

- Make fitness a priority. Studies show loss of function has more to do with lack of exercise than with age.

• Muscles lose strength when not used and joints tend to weaken with age. Aim for 30 minutes of daily exercise.

• Plant a garden, play golf or rally on the tennis court. An active lifestyle can provide arthritis relief, sleep improvement and a reduced risk of heart disease and cancer.

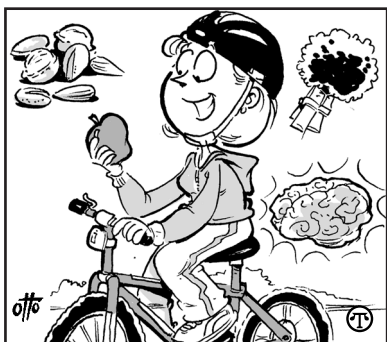
Eat Well

• Studies show that a healthy diet provides up to a 16 percent decrease in mortality rate.

• Healthier eating could reduce cancer deaths in the U.S. by 35 percent, according to the U.S. Department of Health. Eat 2½ cups of vegetables every day.

• Eat 2 cups of fruit a day. One medium-size fruit is equal to half a cup. Help lower blood pressure by eating potassium-packed food such as bananas, oranges and cantaloupe.

• Studies show grains reduce the risk of type 2 diabetes 30 percent. Aim for 6 ounces a day.



You can't avoid growing older, but you can improve the physical and mental functions affected by age.

• Most Americans consume only half of the fiber they need. To help reduce the risk of heart disease, eat fiber-rich foods such as black beans, citrus fruits and nuts.

Take Care

• Take care of yourself emotionally. The Harvard School of Public Health says having family and friends can help maintain cognitive function.

• The American Medical Association says brain health is much like your muscles: Use it or lose it. Exercise your mind by reading the newspaper or writing a letter daily.

• Try a new hobby or travel to new places. Researchers include a sense of meaning and purpose among the top factors in determining the pace of aging.

Learn More

To learn more, visit www.healthsaver.com or call (800) HEALTH.

• *During her career as a figure skater, Peggy Fleming earned five U.S. titles, three world titles and a 1968 Olympic Gold Medal. She was the first skater invited to perform at the White House and was honored by Sports Illustrated as one of seven "Athletes Who Changed the Game."*