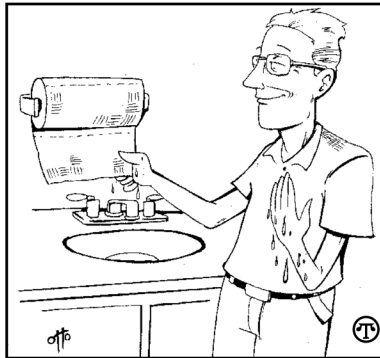


# Smart Healthy Living

## Cold & Flu Tips For Seniors

(NAPS)—The weather outside is frightful! Although we all get sick at times, for seniors, maintaining good health can become increasingly difficult. With age, our immune systems no longer function at optimum levels, making us more susceptible to illness. Elements of a healthy lifestyle include exercise and a proper diet, as well as cleanliness and food safety. Follow these tips from the Georgia-Pacific Health Smart Institute™ to help you stay healthy this season.



**You're never too old to learn ways to be healthy.**

1. Stay active! Just 30 minutes of moderate physical activity a day can be beneficial to maintaining good health. Add exercise to your daily routine, by cleaning the house, climbing stairs, grocery shopping, walking or shoveling snow. If you're not sure how much exercise is appropriate, see your doctor.

2. Wash your hands often in warm soapy water. After rinsing, dry hands with a paper towel such as Sparkle® to wipe off and throw away germs. This is a good habit to teach your grandchildren, especially during cold and flu season.

3. Don't neglect flu and pneumonia shots as prescribed by your physician. These shots can be life-savers! And be sure to see your doctor regularly for complete physicals.

You can also call the experts at the Georgia-Pacific Health Smart Institute at 1-877-GPCLEAN or log on to [www.gphealthsmart.com](http://www.gphealthsmart.com).