

20 Ingredients for Healthy Aging

Experts say these factors promote physical, emotional and mental health in our later years. Give your brain a workout and find them all!

ACTIVITY	Z	H	J	M	E	D	I	C	A	T	I	O	N	S	U	X
ATTITUDE	S	T	R	E	S	S	C	O	N	T	R	O	L	O	F	V
BALANCE CLASS	P	Q	U	I	T	S	M	O	K	I	N	G	A	C	C	Y
CREATIVITY	C	A	H	W	H	Z	U	E	R	P	J	C	U	I	J	K
EXERCISE	S	R	B	E	E	Q	M	E	M	X	U	L	G	A	Q	S
FALL PROTECTION	U	H	E	A	A	C	T	I	V	I	T	Y	H	L	H	E
FRIENDS	X	E	F	A	L	L	P	R	O	T	E	C	T	I	O	N
HEALTH CARE	W	A	V	D	T	A	T	M	S	R	K	G	E	Z	M	I
HEALTHY WEIGHT	D	T	K	K	H	I	N	H	A	L	D	R	R	A	E	O
HOME SAFETY	L	T	S	W	Y	L	V	C	C	E	E	Z	X	T	S	R
LAUGHTER	Y	I	C	B	W	G	N	I	E	A	R	E	X	I	A	L
MEDICARE	Q	T	L	I	E	O	A	D	T	C	R	L	P	O	F	I
MEDICATIONS	N	U	T	R	I	T	I	O	N	Y	L	E	D	N	E	V
NUTRITION	S	D	Y	S	G	V	M	E	D	I	C	A	R	E	T	I
QUIT SMOKING	Y	E	I	J	H	N	F	R	I	E	N	D	S	C	Y	N
SENIOR LIVING	Z	V	V	G	T	Z	I	E	X	E	R	C	I	S	E	G
SLEEP																
SOCIALIZATION																
STRESS CONTROL																
VISION CARE																

