






Healthy Aging



Stay Healthy at Any Age

A healthy lifestyle is key to healthy aging. These actions can help you stay healthy:

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|  Eat plenty of fruits, vegetables and whole grains. |  If you drink alcohol, do so in moderation. |
|  Be physically active. |  Don't smoke. |
|  Keep up with health screenings, like blood pressure screenings, and vaccines, like the flu shot. | |

If you live with a chronic illness, talk to your doctor about ways to manage your illness and live a healthy life.

Reduce Your Risk of Falls

As you get older, a fall can be a serious and costly threat to your health. Fortunately, falls can be prevented.



Stay physically active: physical activity can improve your strength and balance. Talk to your doctor about the best kind of physical activity for you.



Have your vision checked: poor vision can increase your risk of falls.



Make your home safer: keep your floors and stairs well-lit and clear of objects you could trip on.

Manage Your Medications



- Keep a list of your medications, including non-prescription medications, and review it with your doctor, nurse or pharmacist at every visit.
- Always take your medications as prescribed.
- Ask if any of your medications, or medication combinations, increases your risk of falling.

Questions?



The Poison Control Center can answer questions about medications. They are available 24 hours a day, seven days a week. Calls are free and confidential.

Call 212-POISONS.

Stay Socially Active

Spending time with others can improve your mental and physical health.

- Take a free or discounted class in a library or NYC college.
- Attend an exercise class or discussion group at a senior center.
- Volunteer in your community.

Need help getting around?



The MTA offers reduced subway fares for New Yorkers 65 and older.



Access-A-Ride provides transportation for New Yorkers with disabilities.

Visit [nyc.gov/html/dfta](https://www.nyc.gov/html/dfta) to learn about other senior services and programs.

Resources

Connect



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Find Wellness Programs for Older Adults

Visit [nyc.gov](https://www.nyc.gov) and search **healthy aging**

See How the City Supports Older New Yorkers

Visit [nyc.gov](https://www.nyc.gov) and search **Department for the Aging**

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