



# Practice Healthy-Aging Habits

## CHALLENGE

Make smart lifestyle choices to live longer

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Practice Healthy Aging Habits.”
2. Create a plan to practice healthy aging habits daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



*Put on your mask, sweetie. It's what 8-year-old Ruthie Tompson's mother said when they saw a large crowd.*

But it wasn't 2020 during the peak of COVID-19. It was 1918.

The Spanish flu pandemic was spreading rapidly, infecting 500 million people. World War I came to an end. That was more than 100 years ago.

At 110 years old, Tompson has experienced a lot, including a long career as an animator and artist for The Walt Disney Company. She worked for Disney for 40 years on projects like *Snow White and the Seven Dwarfs*, *Sleeping Beauty*, *Mary Poppins*, and many others.

Her secret to living a long and healthy life: “Have fun. Try to do as much as you can for yourself. Remember all the good things in life.”

Ever wonder what it takes to live longer and enjoy life as you age? It's actually not a secret. Take the month-long health challenge to Practice Healthy-Aging Habits.

How much do you know about aging well? Take the quiz to find out.

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1.   The average life expectancy in the U.S. is 98.6 years old.
2.   An optimistic outlook can help you live longer.
3.   Heart disease is the leading cause of death in the U.S., but it's largely preventable with healthy lifestyle habits.
4.   Even if you smoke for years, then quit for good, your risk for dying of lung cancer is still high
5.   Sleeping less than 6 hours a night can triple your risk of dying early from heart disease and cancer.

How did you do? The average life expectancy in the United States is 78.6. After you quit smoking for 15-plus years, your risk of dying early is the same as a non-smoker.

Answers: 1. False 2. True 3. True 4. True 5. True

## 9 Health-Aging Habits to Live Longer

Want to live longer and improve your quality of life as you age? Here are some things you can do:

In a recent Harvard study, researchers found that adopting these five healthy habits can help you live up to 10 years longer.

**1. Eat a healthy diet.** Most of your food and snacks should come from fruits, vegetables, whole grains, legumes, nuts and seeds. Eat fresh food, and drink plenty of water.

**2. Exercise regularly.** Aim for 30 minutes of moderate exercise a day. It's as simple as going for a walk. Exercises to strengthen your bones and muscles will help, too.

6 tips for healthy aging  
<https://tinyurl.com/yyc47trx>