



Healthy Aging: Planning for Your Future

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Are You Taking the Proper Steps for Your Retirement Planning?

When most people talk about retirement planning, they think about it from a financial standpoint.



Having enough money IS an important part of planning for your retirement, BUT IT IS **NOT THE ONLY PART!**

Physical and Mental Conditions at Retirement

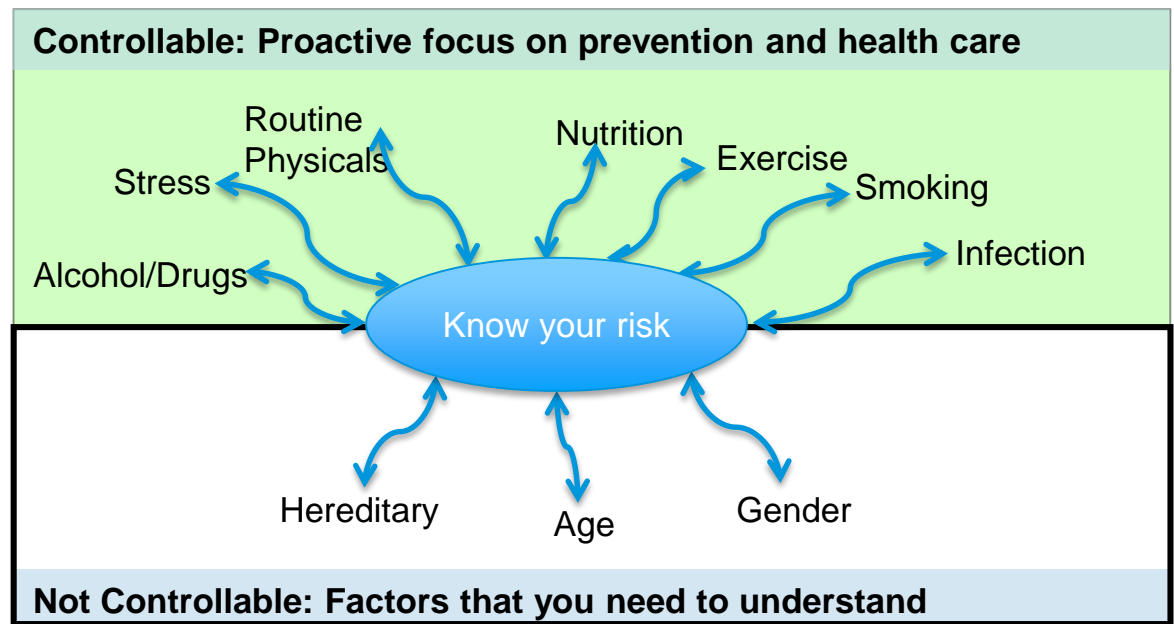
- Having enough money at retirement is one thing.
- But will you be able to do the things you want to do?
- You can take actions now to be in good health later.

The kind of **retirement you** may **live**
is a factor of **your** lifestyle **decisions**
YOU make throughout your life.



Is There Really That Much I Can Influence?

- We **cannot** control our age and genes.
- We **do** have control over:
 - Nutrition
 - Exercise
 - Smoking
 - Stress
 - Alcohol and drugs
 - Infectious diseases



Conclusion: **You control** almost ALL of your **risk factors**

Make Good Decisions

If you want to BE HEALTHY with your grandchildren....

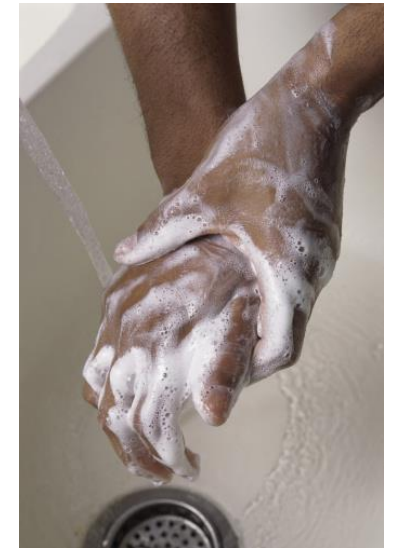
There are many **decisions** you make that directly affect your health. Some decisions **affect** the health of **others** around you!

Know Your Risk Factors



Immunizations

Periodic Physicals



Wash Your Hands

Make Good Decisions

If you want to BE ACTIVE with your grandchildren.....

Think about the **decisions** you are making **TODAY** and how they may **impact** your ability to be active in **the future**.



Make Good Decisions

If you want to SEE your grandchildren....

Make the decision today to protect your vision:

- **Wear safety glasses or goggles** if you are performing tasks that can harm your eyes, including:
 - Yard work
 - Wood working
 - Handling cleaning chemicals

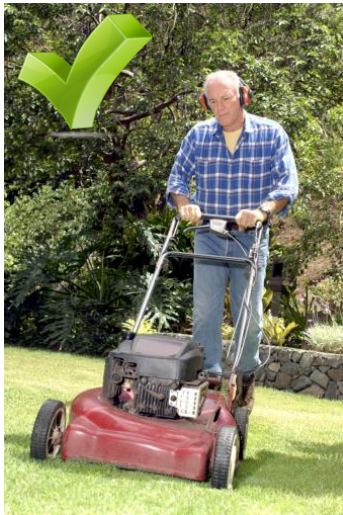


Make Good Decisions

If you want to HEAR your grandchildren.....

Make decisions TODAY to protect your hearing.

- **Wear hearing protection!** Even for small tasks.
- Wear hearing protection even if you are already experiencing some hearing loss.



Make Good Decisions

Do you want to BE ALIVE when you have grandchildren?

Safe driving involves many decisions. Each decision **affects your future AND** the **impacts others** on the road, family members and friends.



The Decisions You Make TODAY Will Determine YOUR Retirement Lifestyle



Be Healthy in your Retirement

Start Acting NOW

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