

# The Five Pillars of Healthy Aging

Learning and practicing these pillars can help you live your best mountain lifestyle.



## Physical Activity

Regular exercise. Even moderate activity has major benefits.



## Healthy Diet

Fresh produce, whole grains, lean proteins, healthy fats. Adequate hydration.



## Quality Sleep

7-9 hours daily. Consistent routine.



## Brain Stimulation

Read, learn, and practice new and lifelong skills.



## Relationships/ Purpose

Connect with others, stay engaged, find a purpose.

# Be Fit For Life A Guide To Successful Aging

**RD Boyd**



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