

MARK KRUG's

#1

TIP OF THE WEEK

SECRETS OF HEALTHY AGING!

In Your 20s...

Healthy aging should begin now! Focus on heart and bone health. Get into an exercise routine. Achieve and maintain a healthy weight. Establish care with a primary-care physician and schedule an annual wellness visit.

Don't lose focus of your health as your career takes off and you start a family. Be a good health role model to your kids. Practice healthy stress-management techniques. Get into a skin-care routine. Keep up-to-date on vision, dental and other routine screenings.

By your 30s...

Meanwhile, in your 40s...

Get your physical every year, and keep an eye on your cholesterol and blood pressure. Women should start getting regular mammograms. Have a skin check done by a dermatologist if you've spent a lot of time out in the sun.

To Your 50s...

Everyone should schedule their first screening colonoscopy at age 50, but those at high risk may have had one sooner. Strength and flexibility are keys to independence as we age, so start resistance training if you don't already have a routine. Talk to a financial expert about retirement. And find ways to keep mentally sharp!

To Be Continued...
hopefully for many more years!

AND BEYOND!