

Living YOUR Best Life: Aging Happily and Healthfully

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It's a fact of life—we ALL get older! You've probably heard the saying “the one with the MOST birthdays wins?” Age doesn't define us. We can actually define our aging process. The lifestyle choices that we make can add or subtract years from our lives! Genetics most definitely can play a role but learning how to play the hand of cards we are dealt can help us positively redefine our health. In the wise words of Jimmy Buffet: “wrinkles will only go where the smiles have been!”

Course Outline:

1. Discuss changes that occur most commonly as we age and how these changes may impact nutritional needs and dietary intake.
2. Discuss evidence that demonstrates how healthy eating habits can help us slow the effects of aging.
3. Focus on key factors the promote a longer and healthier lifespan.

NOTES:

Resources:

Healthy Longevity. Harvard School of Public Health <https://www.hsph.harvard.edu/nutritionsource/healthy-longevity/>

Nutrition as we Age. <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>

Anti aging superfoods aren't enough. Try one of these healthy overall eating plans.

<https://www.washingtonpost.com/wellness/2021/12/17/food-plans-anti-aging-diet/>

Eating Habits that Slow Aging According to Science <https://www.eatthis.com/eating-habits-slow-aging-evidence/#:~:text=According%20to%20this%20review%2C%20sticking,trials%2C%20and%20meta%2Danalyses>

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