

The Secret To Healthy Aging?

(NAPSA)—In 2011, the first Baby Boomers will turn 65, and by the year 2020, the over-65 population is expected to double. As more Americans age, the importance of maintaining good health is of increasing concern to all.

While factors such as genetics and environment play a role in health, wellness is also related to everyday choices. For example, eating a diet rich in fruits and vegetables can help reduce the risk of heart disease, stroke, cancer and diabetes. Challenging the mind by reading or doing crossword puzzles can stimulate the brain and contribute to mental alertness.

A new brochure, *Healthy Aging*, addresses these and other everyday choices that can influence health. Created as a public service, the brochure discusses the importance of good nutrition, exercise, staying socially connected and learning new things.

"Today, as the number of older adults in our country continues to increase, and concern over Alzheimer's disease and long-term care grows, MetLife is proud to support programs that promote wellness as we age," said Robert H. Benmosche, chairman and CEO of MetLife. "*Healthy Aging* is an example of our commitment to encourage people of all ages to develop healthy practices."

Featuring Snoopy and the PEANUTS characters, *Healthy Aging* presents tips on leading a healthy lifestyle in a friendly, easy-to-read format, with sections that include: "Put Healthy Eating on the Menu," "Give Your Mind a Workout," "Get Moving," "Learn to Cope with Stress," "Practice Preventive Medicine," "Stay Socially Con-

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HEALTHY AGING



nected" and "Prepare for Retirement and Enjoy It."

Highlights from the brochure include:

- Exercising just 30 minutes a day, even at moderate levels, can boost health.
- It's never too early or too late to adopt healthy behaviors—and realize the benefits. Researchers have found that weight-bearing exercises among the 80+ crowd increases muscle mass and reverses weakness, even among the most frail.
- Staying connected to family, friends and community can have a real impact on wellness at any age. Research shows older adults who volunteer have higher levels of well-being and satisfaction.
- Meditation—and other relaxation techniques—can help lower stress.

Healthy Aging is part of MetLife's Life Advice program, created to help people better understand and manage major decisions in their lives. *Healthy Aging* can be ordered free of charge by calling 1-877-MyAging (692-4464), or by e-mailing your address to myaging@metlife.com.