

“Healthy New Year’s Resolutions”

January is the start to a new year and the opportunity to a fresh start. Now’s the time to kick some bad habits and adopt those that are healthier. Here are some suggestions to a healthy and fun new year:

Be More Social

A University of Chicago study found that seniors with more social connections stayed in better physical and mental shape. So make more time to see friends and family, even if it’s just for lunch. Also, make new friends by reaching out to neighbors, church members or people in other organizations of which you’re a part.

Stay Active

If the weather has gotten too cold for your daily walk, your local community center may have an indoor track you could use instead. Many community centers also have the option of purchasing a daily pass or offer a discount to seniors for membership. Or, as a fun alternative consider dancing lessons. According to the AARP, of the 11 physical activities they studied, dancing was the only one that reduced the risk of dementia in older adults.

Cut Back

Take the start of the year to assess your spending habits and see where you can decrease spending. AARP writer, Jeff Yeager, recommends reviewing your

insurance policy with your agent to discuss “cost-saving possibilities.” He also suggests before buying a new item to get rid of an old, unused item. This will help you to keep inventory of the things you already have and discourage you from buying things you may not really need.

Make this a great and healthy 2010!