

### Activity 3: Assess your lifestyle

Review the list below and identify those that you follow regularly.

Then take a copy of this list and have a discussion with your parents.

I practice the following activities for healthy aging.	Rarely	Occasionally	Often
1. I eat a balanced diet, including five servings of fruits and vegetables a day.			
2. I exercise regularly. Practice an active lifestyle.			
3. I get regular health check-ups.			
4. I practice safety habits at home to prevent falls and fractures.			
5. I always wear a seat belt in the car.			
6. I stay in contact with family and friends. Stay active through work, play, and activities in your community.			
7. I avoid overexposure to the sun.			
8. I drink alcohol in moderation.			
9. I plan for financial security, including long-term housing and healthcare needs.			
10. I chose a positive attitude toward life.			
11. I don't smoke.			
12. And if you want to add another—floss teeth daily! Yes, studies have shown that the practice of flossing teeth might extend your life and reduce the risk of stroke.			

You have permission to copy this activity for personal use and to share with others.

Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope*. 2<sup>nd</sup> ed. 2010. ElderWise Publishing. <https://youragingparents.ca>

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