



September Is Healthy Aging Month



September is Healthy Aging Month, a time to encourage folks to take an active role in their well-being. Healthy aging does not mean avoiding every health challenge - it means making thoughtful choices that support quality of life at every stage.

For seniors, Healthy Aging Month is a helpful reminder that **it is never too late to build healthier habits**. Even small changes—such as taking a short daily walk, drinking more water, calling a friend, or scheduling a checkup—can make a meaningful difference over time. The goal is not perfection, but steady progress and a lifestyle that helps you feel your best.

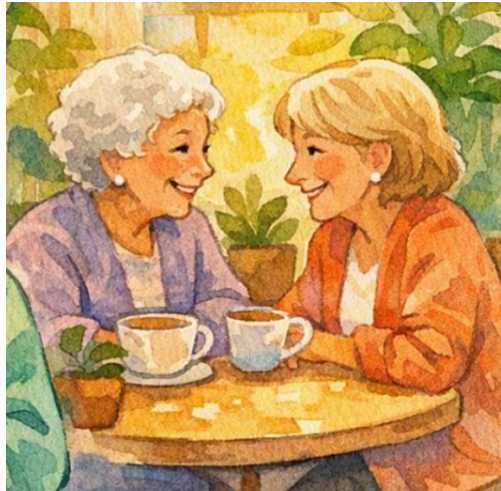


Take Small Steps Toward a Healthier, Fuller Life

Keep moving in ways you enjoy. Regular physical activity supports strength, balance, flexibility, heart health, and mood. Choose activities that fit your ability level, such as walking, chair exercises, stretching, swimming, gardening, or dancing. If you are starting a new routine or managing a health condition, check with your health care provider first.

Eat for energy and strength. A balanced diet can help maintain muscle, support the immune system, and improve overall wellness. Aim for colorful fruits and vegetables, lean proteins, whole grains, low-fat dairy, or calcium-rich alternatives, and plenty of fluids.

Protect your balance and prevent falls. Falls are not a normal part of aging, and many can be prevented. Keep walkways clear, use good lighting, wear supportive shoes, and consider grab bars in the bathroom. Balance exercises and strength training may also help reduce fall risk.



Stay connected. Social connection is an important part of healthy aging. Spending time with others can lift spirits, reduce feelings of isolation, and keep the mind engaged. Consider joining a senior center program, faith group, walking club, volunteer opportunity, class, or hobby group. A phone call, video chat, or shared meal can also brighten the week.

Keep your mind active and your sleep steady. Reading, puzzles, music, games, crafts, learning a new skill, or exploring a new interest can help keep the brain engaged. Quality sleep also supports memory, mood, and physical health. Try to keep a consistent sleep schedule, limit late-day caffeine, and create a calming bedtime routine.

Make preventive care a priority. Regular checkups, recommended screenings, dental care, vision and hearing exams, and vaccines can help detect problems early and support long-term wellness. Bring a list of medications, questions, and any changes you have noticed to each appointment.



This September, use Healthy Aging Month as an invitation to choose one or two achievable goals. Start small, celebrate progress, and remember that healthy aging is about living with purpose and caring for yourself one healthy choice at a time.

Sources

[Healthy Aging®: September Is Healthy Aging Month](#)

[CDC: Healthy Aging at Any Age](#)

[National Institute on Aging: Healthy Aging Tips for the Older Adults in Your Life](#)

Assisted Transport Service Available



Does a senior in your life need **extra help getting to and from appointments and errands?** Vivia can provide transportation and give

hands-on help before, during and after a visit.

**For more information about Assisted Transport
call a Vivia Navigator at 360-338-3773**

- A Vivia Assistant can **take a senior to doctor appointments and help them transfer from vehicle to wheelchair to an examination chair**. The Vivia Assistant can even stay with the client, call a family member to participate, and provide the doctor's after care summary.
- Vivia can **assist a senior during errands** like visits to hairdressers or grocery shopping if they need stand-by assistance or have memory challenges.
- Families can **schedule set times** for pickups with advanced notice, subject to schedule availability.

Our Olympia, Washington Address:

**Vivia Home Care
3425 Ensign Road NE, Suite 100
Olympia, WA 98506**

Phone: 360 - 338 - 3773

Click on the ICONs below to follow Vivia Cares on Facebook and Instagram.