

# HEALTH DECADES

## WOMEN'S HEALTH TIPS FOR ANY AGE



### 20s

- Be more conscious of what you are putting in your body.
- Even light beer has calories and they can add up quickly.
- Wear sunscreen. It'll help you remain youthful and help protect against skin cancer.



### 30s

- Focus on building better bones through increased calcium intake and impact exercise. Your bones build strength until your mid-30s and then bone strength begins to decrease. Now is the chance to build better bones.
- Focus on building better brains through high-intensity interval training (HIIT).



### 40s - CRITICAL DECADE

#### EATING:

- Cut out free sugars. Cut out any added sugar (coffee, desserts, juices — especially orange juice).
- Stop using salad dressing.
- Include green leafy vegetables with all of your meals.
- You don't need to starve yourself to be healthy; it's about being mindful.

#### EXERCISE:

- Your 40s are a time to take control of your metabolism with mobility. It's time to start being more active through whatever type of exercise you enjoy, whether that is walking or Zumba or running.



### 50s

- Don't despair; we have an ever-changing body.
- Discover yourself. Your habits from your 30s and 40s will continue to build. It's not too late to start.
- Get into a race of some kind. In 2014, 1,400 of the Pittsburgh Marathon runners were women over the age of 50.
- Be your own advocate; seek advice and help from professionals and your friends/family. It's important to remember you're not alone.



### 60s

- Think about how to reinvent the next 20 years of your life.
- You can choose to slow down and become less vital, or you can choose to have a more active lifestyle.



### 70s

- The number 1 concern is making sure you are in a safe environment. Safety in homes is incredibly important to reduce risk of falls or trips. 50% of women with hip fractures never go back to pre-fall condition, and the number one indicator of a fracture is a previous fracture.



### GENERAL TIPS

- Establish a relationship with your healthcare provider. The first time you're meeting them shouldn't be in an emergency.
- Don't put off having your annual preventative screenings.

# The Essential Womens Health Guide

**SA Dillow**



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