



Some things  
simply get better  
with age

It's never too late (or too early) to do things that help you age gracefully. In September, focus on the positive aspects of growing older. Here are some ways to make sure you'll age in the healthiest way possible:

- Find a friend to exercise or take a class with – think walking, swimming or dancing.
- Fill your plate with vegetables, fruits, lean protein, low-fat dairy and whole grains. Do your best to avoid foods that have saturated fats, like butter and oil.
- Feed your brain. Crosswords, meditation and exercise are great for mental health and memory function.

♥ *get your health on*

## ➤ September

### Healthy aging

Are you 50 but feel more like 35? Find out your overall health age by taking a health risk assessment.

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