

## Healthy Aging Article- March

### MARCH to your own rhythm

Did you know that participating in social and other activities you enjoy can also help support healthy aging?

The National Institute on Aging lists benefits to having an active life such as:

#### **Less likely to develop certain diseases:**

Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer.

#### **Longer lifespan:**

Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer. Doing things that you enjoy may help cultivate those positive feelings.

#### **Are happier and less depressed:**

Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier. To volunteer in or to join a Fit and Fall Proof class™, contact Timalee Geisler at 208-533-3149 or [tgeisler@eiph.idaho.gov](mailto:tgeisler@eiph.idaho.gov).

#### **Are better prepared to cope:**

When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations.

#### **May be able to improve their thinking abilities:**

Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory – and the more variety the better.

To read the full article, click on this link:

[Participating in Activities You Enjoy As You Age | National Institute on Aging \(nih.gov\)](#)

