Five Self-Care Tips for Older Adults

THE LEGACY at North Augusta
A National Lutheran Community

At The Legacy at North Augusta—A National Lutheran Community, we make it easy to prioritize your health, stay active and stay connected so you can focus on what matters most.

Here are five practical self-care tips to help older adults feel their best every day:

1. Stay physically active. Movement is one of the most powerful forms of self-care. Regular physical activity helps maintain strength, balance and flexibility while supporting heart health and mobility. *Simple ideas:*

- Take a daily walk
- Join a group fitness or stretching class
- Try low-impact activities like yoga or water aerobics

2. Nourish your body. Eating well fuels both body and mind. A balanced diet supports energy levels, immune health and overall wellness. *Focus on:*

- Fresh fruits and vegetables
- Lean proteins
- Whole grains
- Staying hydrated throughout the day

3. Prioritize restful sleep. Good sleep is essential for healing, memory and mood. Establishing a relaxing nighttime routine can help improve sleep quality. *Helpful habits:*

- Go to bed and wake up at the same time each day
- Limit screen time before bed
- Create a calm, comfortable sleep environment

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4. Stay socially connected. Meaningful connections are vital for emotional well-being. Spending time with others can reduce feelings of loneliness and boost happiness. *Ways to connect:*

- Join community events or clubs
- Spend time with family and friends
- Participate in group activities or volunteer opportunities

5. Engage your mind. Keeping your mind active is just as important as physical health. Mental stimulation can support memory and cognitive function. *Try:*

- Reading books or articles
- Puzzles, games or brain teasers
- Learning a new hobby or skill
- Make time for what you love

Contact us at 540-712-3876 to learn more about how our lifestyle supports your well-being.