

LET'S BE STRONG



Staying strong is a holistic approach to reducing and removing barriers to healthy aging.

BEING STRONG MEANS:

Adopting healthy lifestyle choices to stay healthy, active and independent. There are a number of steps you can take to be strong which will help maintain your balance and remove barriers to healthy aging.

WHAT CAN I DO TO BE STRONG?

Manage Health: Regular check-ups to discuss your concerns will prevent complications and make sure that you get early treatment.

- Take action by learning about your conditions, ask your health care provider questions, find fact sheets on health topics and join a local support group.

Manage Medications: Medications can help improve or maintain your health. These can include prescription, over-the-counter, vitamins, supplements, herbal or topical creams. However, as you get older, the way medication affects you will change.

- It is important to keep an up-to-date list of your medications, use only one pharmacy and review medications with your health care provider or pharmacist every 6 to 12 months.
- Consider using a dosette or blister pack to help stay organized.

Manage Eye Sight: Most changes to eye sight are gradual and you may not notice them immediately. It is important to watch for changes to your eye sight and get regular eye exams. Check OHIP for current eye exam coverage for those 65 and older.

Manage Hearing: Hearing loss can reduce overall awareness of your environment.

- Talk to your health care provider if you have wax build up or trouble and/or a decrease in your hearing.

Manage Foot Care: Common foot problems such as corns, calluses or ingrown toenails can upset your balance and may even change how you walk.

- Consult your Health Care provider if you have any foot pain or want to have your feet checked out.

Keep Your Home Safe: It is important to regularly identify, remove and report hazards in your home.

- Contact your local Public Health Unit to get a copy of the [Home Safety Checklist](#).

Eat Well: Eating healthy meals regularly will reduce the risk of becoming weak, dizzy, or light headed.

- Stay hydrated, eat protein rich foods, and ask your Health Care Provider any questions you may have.

Let's be ACTIVE. Let's be SOCIAL. Let's be STRONG!

For more information visit: www.stayonyourfeet.ca or contact your local health unit.



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