



LIVING STRONG
NORTH IDAHO

The 5 Habits of Healthy Aging






Living Strong North Idaho Educational Resource

WHY THIS MATTERS

Healthy aging is influenced by the habits we practice every day. While genetics play a role, research consistently shows that lifestyle choices have a significant impact on physical health, cognitive function, and overall quality of life as we age.

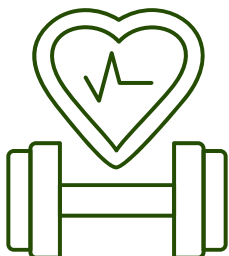
Focusing on a small number of key habits can help individuals maintain their strength, independence, and vitality over time. These habits work together to support long-term health and reduce the risk of chronic disease, functional decline, and loss of mobility.

WHAT RESEARCH SHOWS

-  Daily lifestyle habits have a major impact on long-term health and independence
-  Supports bone density
-  Improves balance and reduces fall risk
-  Supports metabolic health
-  Maintains independence and mobility

Sources:

- World Health Organization — Healthy Ageing Framework
- National Institute on Aging — Healthy Aging and Lifestyle
- Harvard Health Publishing — Healthy Habits for Longevity



KEY INSIGHT

Healthy aging is not driven by a single factor, but by a combination of daily habits practiced consistently over time. Strength training, proper nutrition, quality sleep, mental engagement, and social connection work together to support long-term health, independence, and overall quality of life.

THE 5 HABITS OF HEALTHY AGING

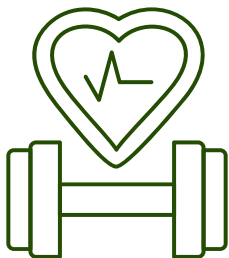
- ✓ Strength training to maintain muscle, mobility, and independence
- ✓ Nutritious whole-food diet to support energy, metabolism, and overall health
- ✓ Quality sleep and recovery to support physical and cognitive function
- ✓ Mental engagement and learning to support brain health and cognitive resilience
- ✓ Social connection and community to support emotional well-being and longevity

SIMPLE WAYS TO GET STARTED

- 🏋️ Start with 2–3 strength sessions per week focusing on major muscle groups
- 🥗 Build meals around whole foods and adequate protein
- 🌙 Aim for 7–8 hours of quality sleep each night
- 📖 Engage in daily mental activities such as reading or learning something new
- 👥 Stay socially active through friends, family, or community involvement

Sources:

- World Health Organization — Guidelines on Physical Activity and Sedentary Behaviour
- National Institute on Aging — Healthy Aging and Lifestyle
- Harvard Health Publishing — The 5 Habits for Better Health and Longevity



KEY TAKEAWAY

Healthy aging is built on the habits we practice every day. Strength training, proper nutrition, quality sleep, mental engagement, and social connection work together to support long-term health, independence, and quality of life. Focusing on these core habits consistently can have a powerful impact on how we age.

Living Strong North Idaho – A Program of the Inland Northwest Healthy Aging Alliance

Educational Disclaimer: The information provided in this resource is for educational purposes only and is not intended as medical advice.

Individuals should consult with a qualified healthcare professional before beginning any exercise, nutrition, or health program.