

Successful Aging is Within Your Power

Penny Vittoria
Successful Aging Coach





What makes us age differently?

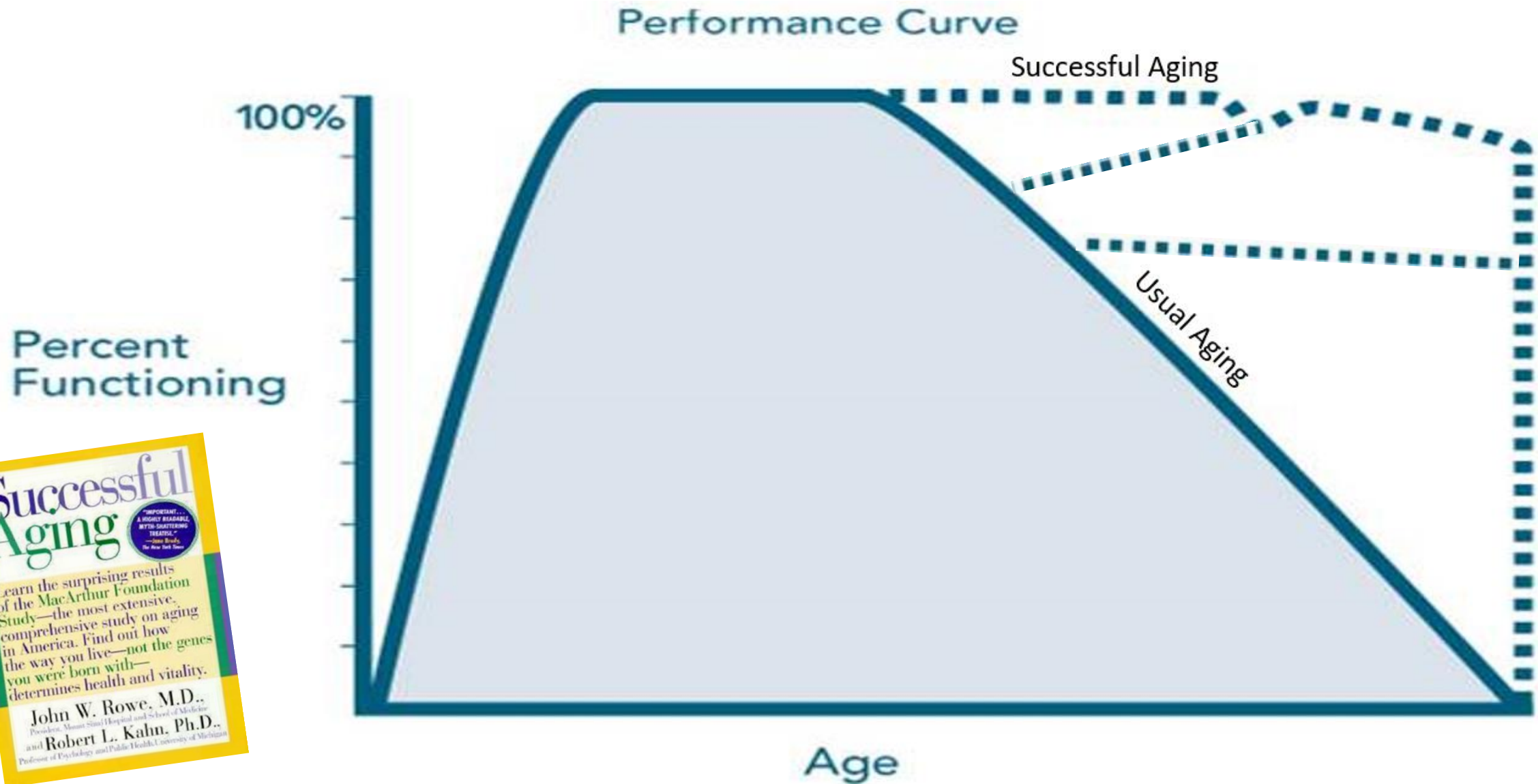


Our lifestyle choices
determine up to 70%
of our physical aging

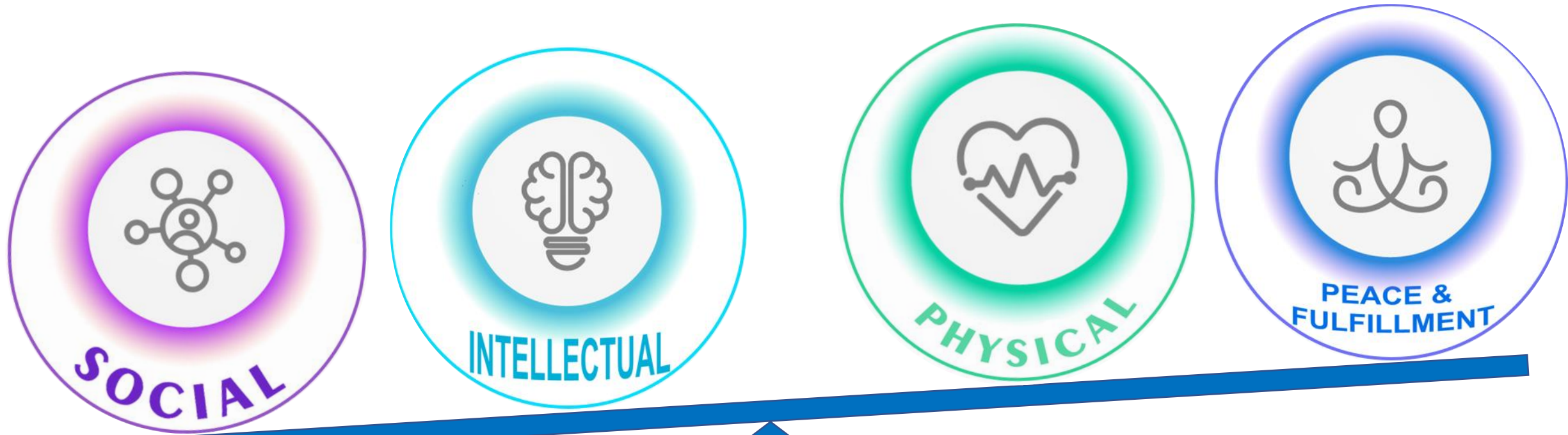
Half of our
cognitive
health is
determined by
our Lifestyle
Choices



Lifestyle is created by habits. Habits are created by thoughts.
Better thoughts create better well-being.



Balanced Lifestyle Choices Create Greater Well-Being



What
you believe is
what you achieve



What two things have the greatest impact on our Physical Health?

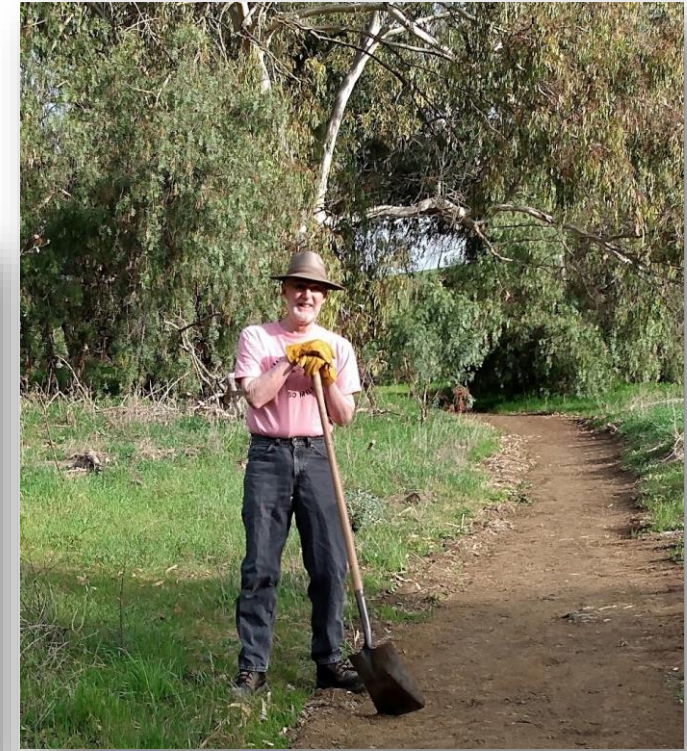




If a type of food
isn't good for your
overall health, eat it
infrequently or not at all!



Move your Body every day!



Exercise decreases risk of dementia by 61%.

Recent studies show reducing your sitting time by just one hour a day was linked to a 26% lower risk of heart disease.





Get 7-8 Hours of Sleep each day

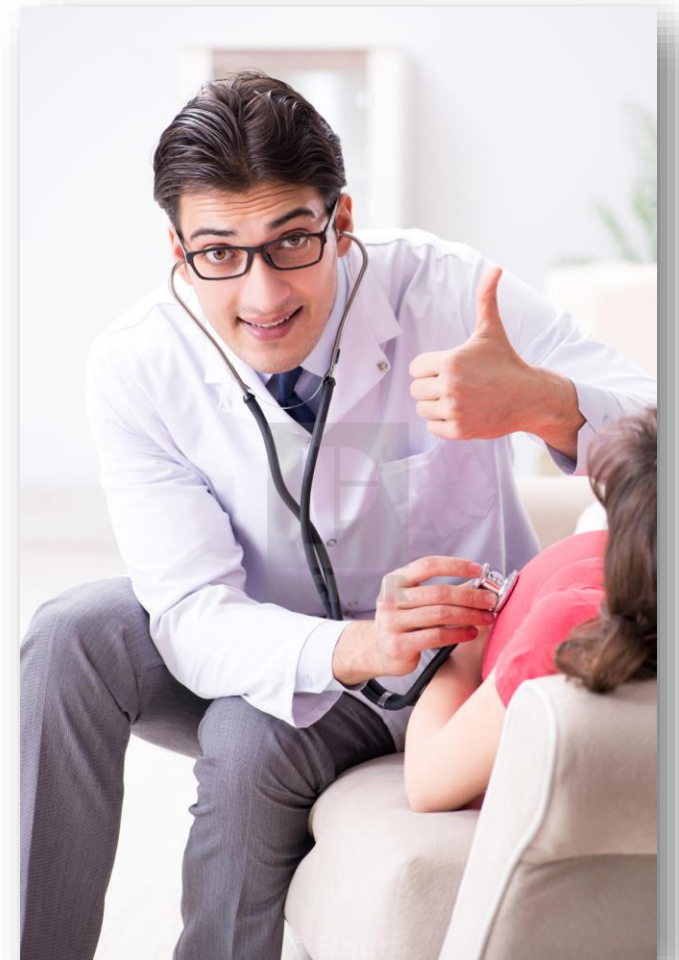
- Go to bed and wake up the same time every day.
- Avoid using screens, watching TV, and reading in bed.
- Get plenty of exercise every day and avoid exercise 1-2 hours before bedtime.
- If you have sleep apnea, wear your mask!





See your Doctor for regular
check ups

Pay
attention to
what your
body is
telling you!

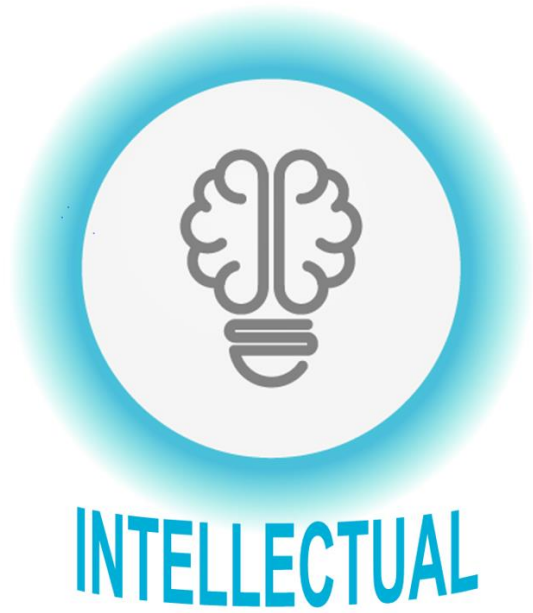




At what age do people stop learning?

NEVER!





Engage in a Variety of Things





Learning & Self Discovery Never Ends

- Learning new things promotes health and well-being.
- Learning stimulates us both intellectually and emotionally.
- Use it or lose it!

Comfort Zone vs Growth Zone





True or False:
Our social
connections have
no impact on
physical or mental
health?





False!

Research shows
social
connectedness
can lead to longer
life, better health,
and improved
well-being.

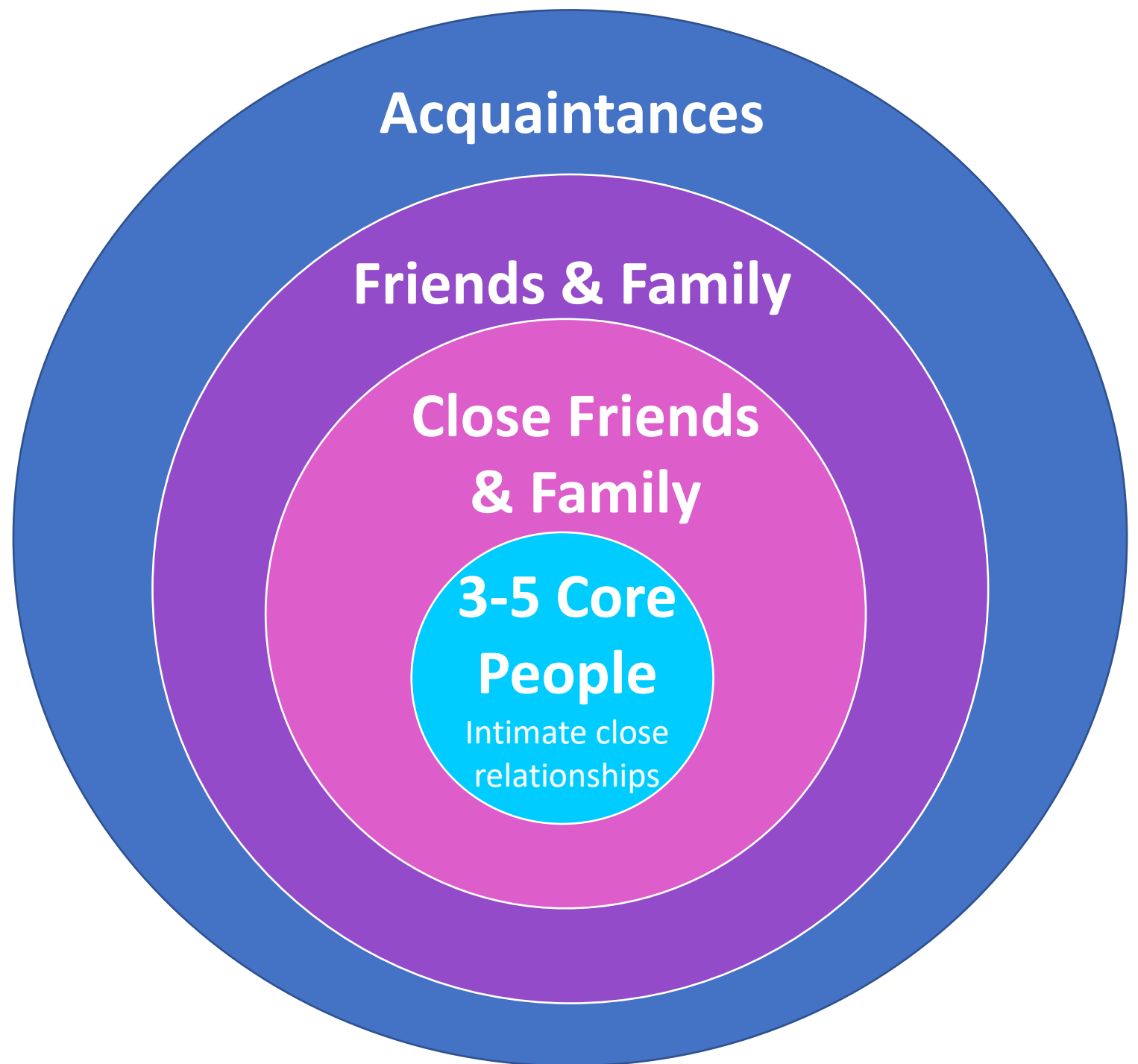


Share your Hobbies, Skills & Talents





Rings of Social Connection





Engage in what calms you & helps you cope with worries, concerns & grief



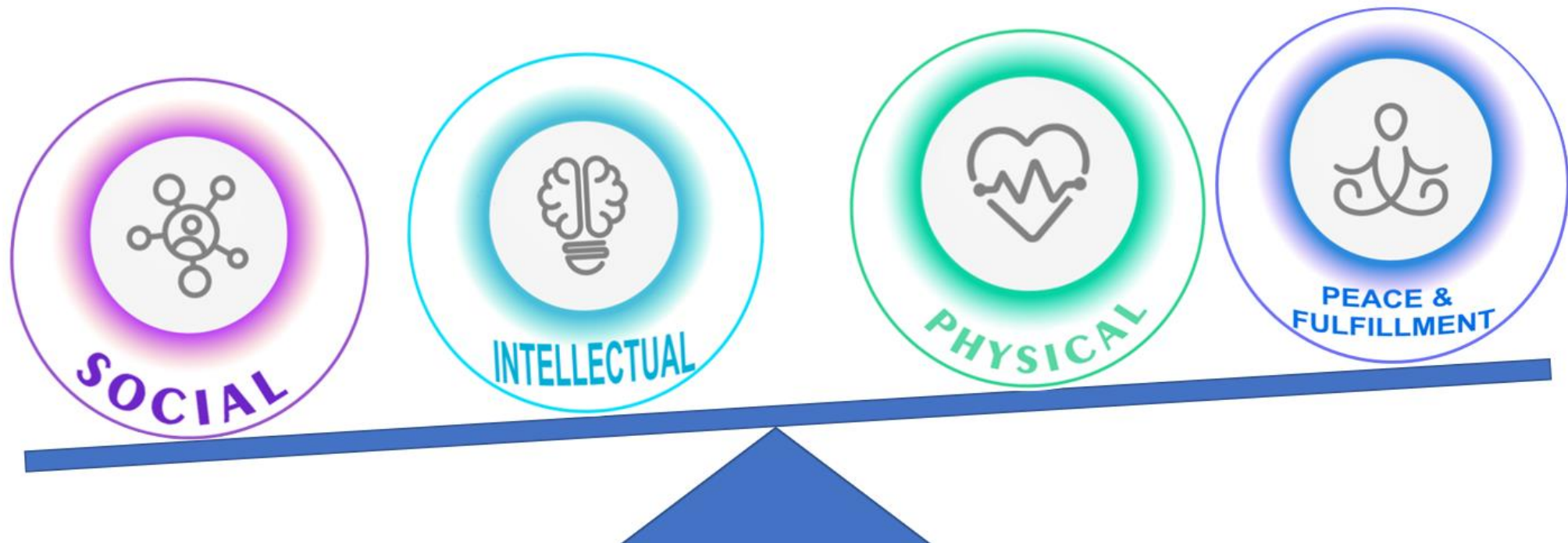


**PEACE &
FULFILLMENT**

Invigorate Your Heart and Mind by Volunteering

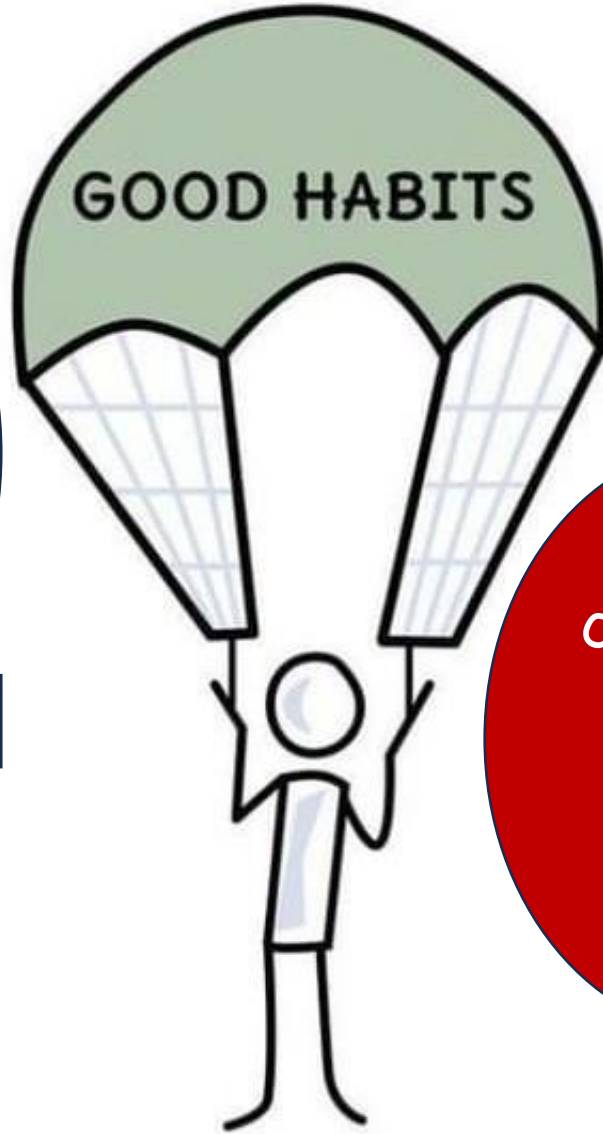


How do you Prioritize your Self-Care?

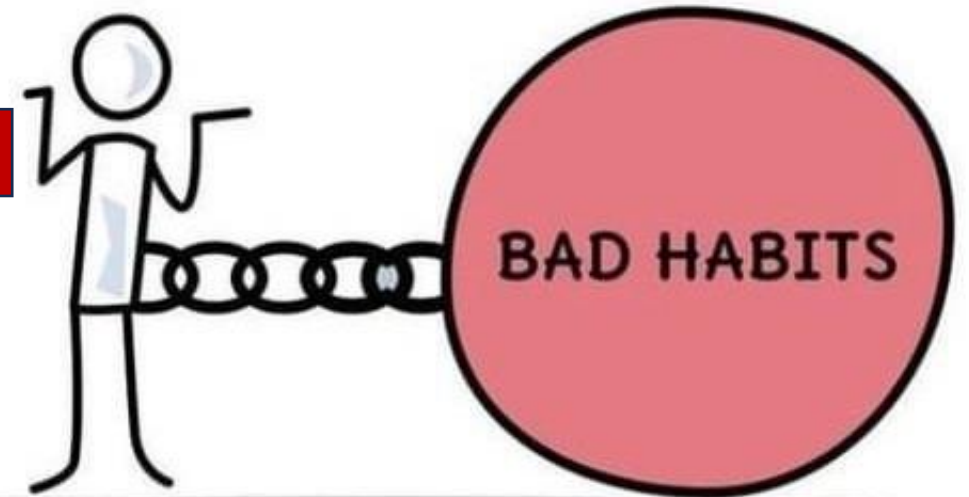


Positive Attitude & Good Habits are the Foundation of Self-Care

Nothing
can stop a
person
with the
right
attitude

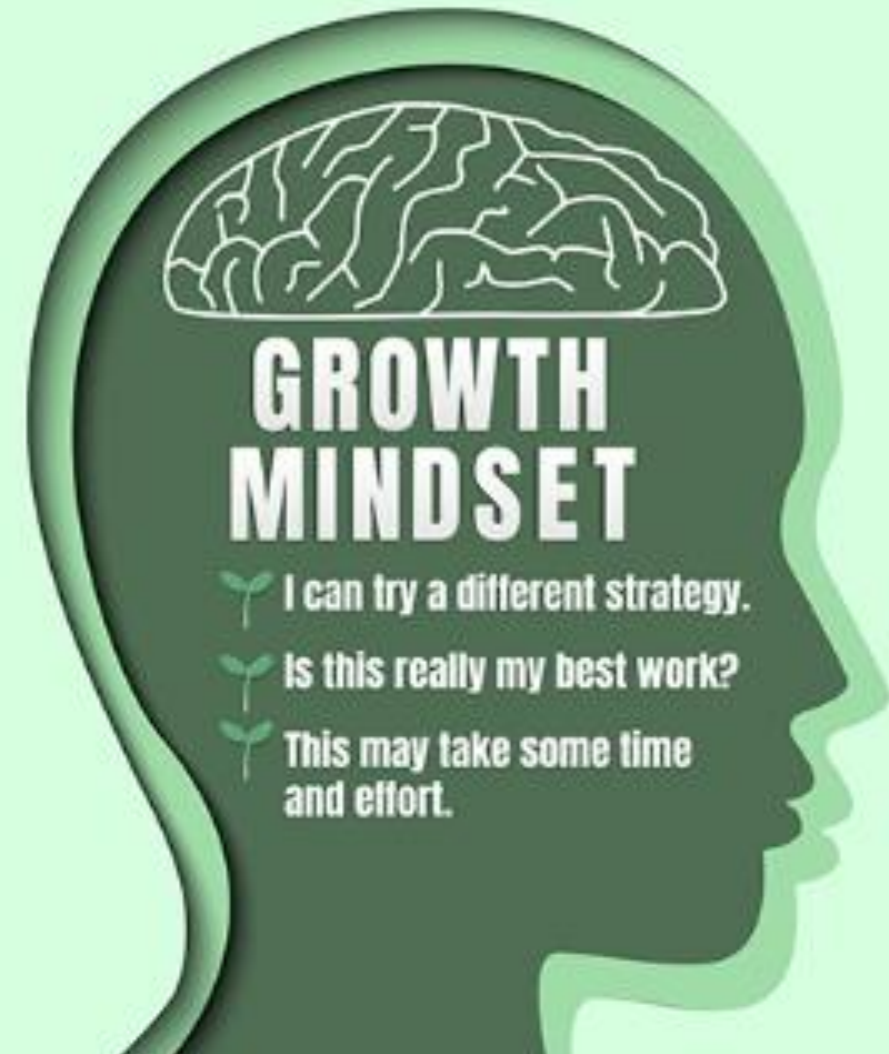


Nothing
can help a
person
with the
wrong
attitude



Building Blocks of Successful Aging

- Growth & Change
- Empowerment
- Communication & Collaboration
- Engagement



Can Do Attitude

True or
False:
We must
change
something
in order to
grow

True!
Growth is Change





GROWTH & CHANGE

Creating new Neural Pathways

True or False – Practice Makes Perfect?

False. Nobody is perfect,
therefore, Practice
makes BETTER.



Failures are a Springboard to Change



Do your best



EMPOWERMENT:
What you
believe is what
you achieve.



EMPOWERMENT

True or False:
Each of us
controls our
thoughts &
actions.



True!
The only thing we have control over
is ourselves

Whether you
think you can or
can't, you are
correct.



Your Brain Believes Whatever You Tell It

How does
language
impact our
Empowerment?



COMMUNICATE / COLLABORATE / COMPROMISE



- ~Be Curious.
- ~Ask Questions.
- ~Make connections,
not assumptions.



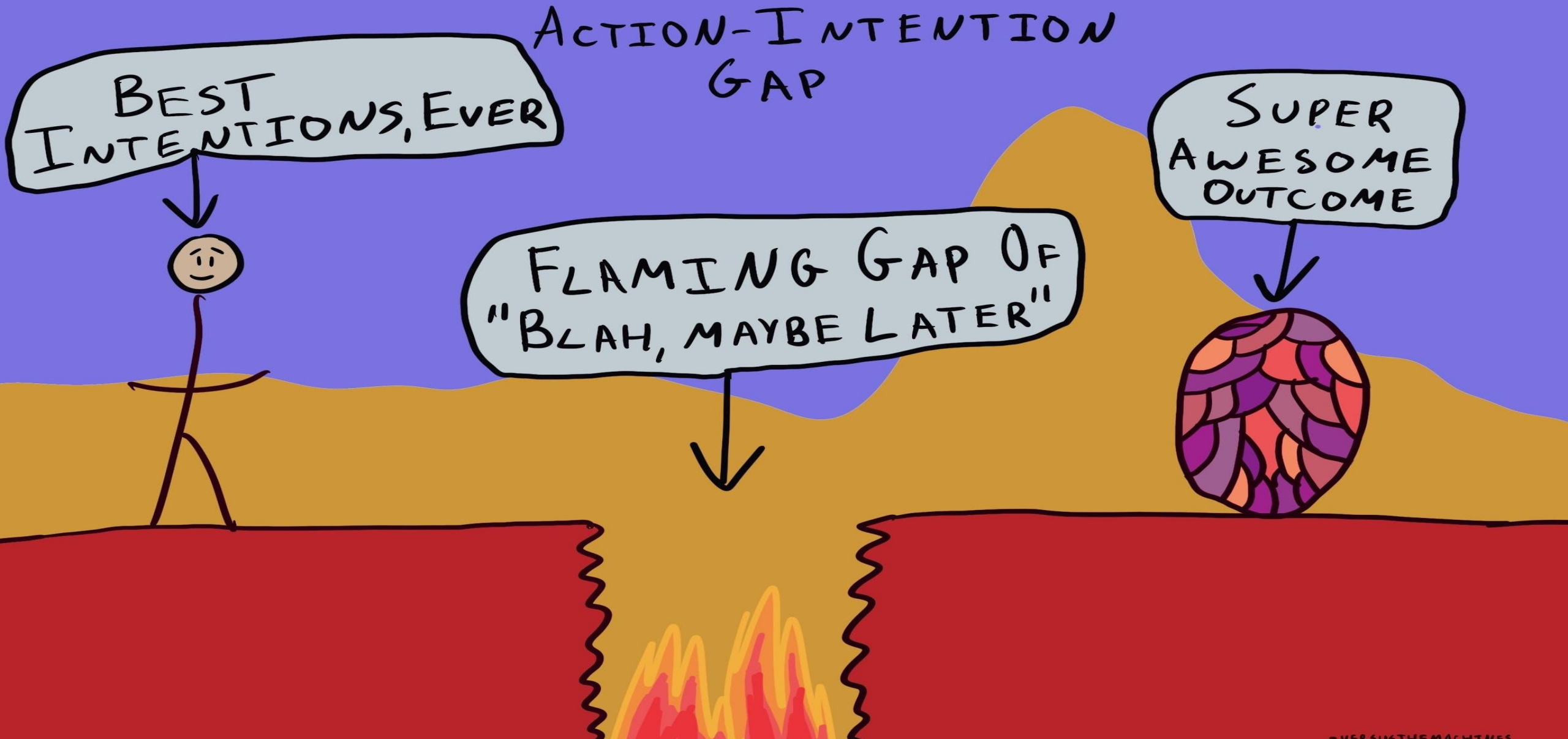
Have a mentors from different generations!

ENGAGEMENT

Do what you
can, with what
you've got,
where you are.



Match Actions to Intentions



A group of women are captured in a joyful moment, likely at a social event or dance. In the foreground, a woman with short grey hair, glasses, and a black top is smiling broadly, wearing a gold tinsel headband and a long gold necklace. To her right, another woman with blonde hair and glasses is wearing a teal top and a wide, ornate belt. In the background, other women are visible, some in black tops and others in patterned clothing, all appearing to be in motion and smiling. The scene is brightly lit, suggesting an indoor setting with large windows or a well-lit hall.

Just do it!

You're never too old to Try Something New!



Successful Aging: The Choice is Yours

Perspective is the New Fountain of Youth

Discover...

what brings you joy & contentment .

what is important to you.

what your strengths are.

If you could do anything, what would you do?




Practice Self-Care by
Identifying
negative
thoughts that
limit us

Challenge:
**When a negative thought
enters your mind, think
of three positive ones.
Train yourself to flip
the script.**

What are three things you are Grateful for?



When we
know better,
we DO better.



**You can't choose
a new path if you
can't see the one
you're on**