



## National Senior Games Association

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# Humana®

### 4 SIMPLE TIPS CAN HELP YOU AGE SUCCESSFULLY

Here are some successful aging tips that Humana recommends to help you and your loved ones maintain a good quality of life:

- **Keep Learning.** Make it a habit to keep your brain active and engaged by trying out new recipes, reading challenging books or doing puzzles.
- **Get Enough Sleep.** When life gets hectic, we forget to get enough sleep. As you age, it's important to get seven to eight hours of sleep each night. Insomnia affects almost half of adults 60 years and older. If you have trouble falling or staying asleep, make a few changes in your habits, such as skipping daytime naps and starting a regular exercise program.
- **Seek Out Friends, Family & Neighbors.** Studies have shown that friendships and the social support network developed at senior centers, churches and neighborhoods not only prevent loneliness, but also provide a ready source of intellectual, physical and volunteer activities.
- **Exercise!** There is an exercise out there for everyone; talk to your doctor before starting any new activity. The health benefits obtained from an exercise plan, such as reduced risk of heart disease and depression, are especially important for older adults. Activities like Zumba, dancing or yoga can be good places to start.
- To learn more, Humana recommends you see your primary care doctor today.

*NSGA thanks Humana for sharing this article. For more information on a wide range of related topics, please visit [Health and Well Being](#) in the Learning Center at [www.Humana.com](http://www.Humana.com).*



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