

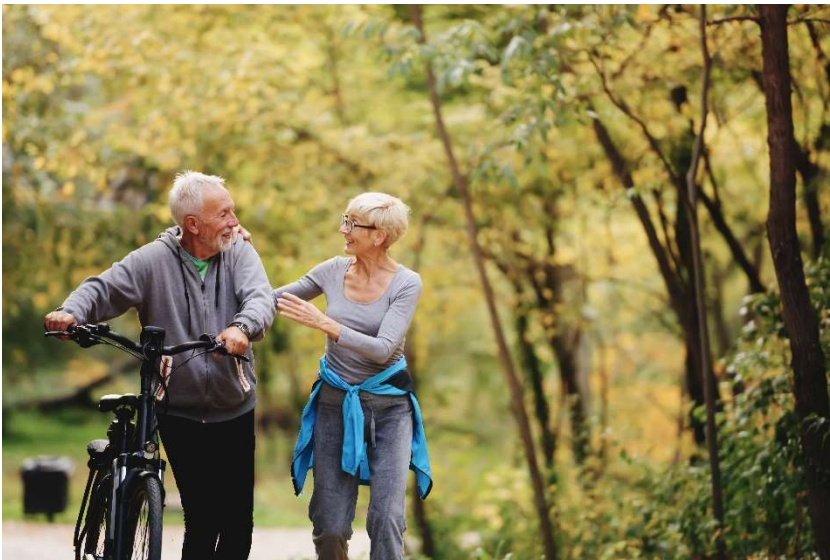
Thought of the Week

January – Healthy Aging

None are so old as those who have outlived enthusiasm. – Henry David Thoreau

While it's important to take care of our body as we age, it's also important to focus on our spirit.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for "Healthy Aging."



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call 1-800-899-8174.

Visit our website at www.sentaraEAP.com for additional topics and information.



Better Choices for a Healthier Lifestyle

Have you been hesitant to try to break your bad health habits because you thought the task would be too difficult? Then get ready for some good news.

"Every day, new research indicates that Americans can take control of their own health by making simple and realistic lifestyle changes," says Lawrence Stifler, Ph.D., a behavioral psychologist and president of Health Management Resources in Boston. "By modifying a few of their unhealthy behaviors, people can actually lengthen and improve the quality of their lives. A small commitment of a few hours a week could add eight to ten quality years to a person's life."

How healthy you'll be in coming years can be predicted by your number of risk factors for disease. Having one risk factor doesn't necessarily doom you to poor health, but your odds increase dramatically when several risks are combined. For example, high cholesterol increases the likelihood of developing heart disease. People who smoke, have high cholesterol and high blood pressure dramatically increase their risk for heart attack.

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This Month's Webinar

Staying Healthy as You Age

Preparing to age healthy starts at a young age. The recent view on aging has become "it's a matter of mind" and it's all about how you feel! With longevity, we are seeing more chronic disease and conditions. Naturally, genetic makeup plays a part in the aging process too. However, adopting healthy habits and behaviors will contribute to a productive and meaningful life as you age. Learn how perception, nutrition and lifestyle play key roles in healthy aging. The goal is to enjoy the golden years, start here when you participate in this session.

[Log-in](#) any time this month to watch the webinar and ask the expert questions!