

# AGE WELL & AVOID FRAILTY



A

Daily **activity** will help you stay mobile, flexible, and strong. Walking, weights, stairs – it's never too late to start.



V

**Vaccines** will help protect you from becoming seriously ill at an age where it's harder to recover.



O

**Optimize** your medications by reviewing them yearly with your doctor.



I

Social **interaction** makes you happier and helps you live longer!



D

Your **diet** should be nutritious and include more protein as you age to keep your bones and muscles strong.

