

**“10 Keys”™ to Healthy Aging is taught
by Certified Instructors and the APPRISE Coordinator.**



Scheduling is flexible to meet the needs of your group

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Lehigh County Office of Aging and Adult Services

“10 Keys”™ to Healthy Aging



The Center for Aging and Population Health

CDC Prevention Research Center



Researchers at the University of Pittsburgh Graduate School of Public Health have learned a great deal about how to keep adults healthy as they age. They have translated what has been learned into the “10 Keys”™ to Healthy Aging. Each key is an important step in preventing disease and improving the quality of our lives.

This program is focused on health promotion and disease prevention in the older adult. The State Health Insurance Program also provides information about Medicare and Preventative Benefits.

Successful aging has been defined as freedom from cardiovascular disease, cancer, and respiratory problems as well as good physical and cognitive function.



“Sometimes people use age as a convenient excuse. ‘I’m too old to start something new’, or, ‘I couldn’t learn that at my age.’ Other people, though, go on to achieve their greatest accomplishments in life in later years.”

—Catherine Pulsifer

You hold the “Keys” to your health

The “10 Keys”™ to Healthy Aging

1. **Lower Systolic Blood Pressure**
2. **Stop Smoking**
3. **Participate in Cancer Screening**
4. **Get Immunized Regularly**
5. **Regulate Blood Glucose**
6. **Lower LDL Cholesterol**
7. **Be Physically Active**
8. **Maintain Healthy Bones, Joints and Muscles**
9. **Maintain Social Contact**
10. **Combat Depression**

*Source: ©2012--Center for Aging and Population Health,
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