

The Best Ways To Stay Healthy After Hitting 50



Photo via Pixabay by [Sasint](#)

Most of us want to find ways to stay healthy well into our golden years, but it can sometimes feel difficult to do so as our metabolisms slow down and our bodies change. Turning fifty is an important milestone because it marks the beginning of a new phase in your life. Now is the time to start making plans to be active, to eat well-balanced and healthy meals, and to do things that make you happy to keep stress and anxiety at bay.

Treating your body well now can help you stay healthy for years to come, and the good news is, it's relatively easy to do. Here are some tips for the best ways to keep your body and mind as sharp as ever.

Watch what you eat

It's not just about cutting back on those comfort foods that you know are loaded with carbs and sugar; it's also important to watch your intake of red meat and butter. Saturated fats are bad for the heart, memory, and concentration, three important things to take care of once you reach a certain age. Cut down those bad fats and eat more nuts and green leafy veggies, fish, and fruit. It's okay to indulge every once in awhile, but the better you eat, the better you'll feel.

Exercise daily

It doesn't have to be a marathon run every day, but getting in a workout of at least thirty minutes will help you feel more energetic and will keep those muscles in good working order. Gardening, walking briskly, swimming, or even doing housework all count as exercise, as long as you do them continuously. Remember to stay well hydrated and, if you exercise outdoors, wear light layers of clothing so you can cool down easily.

Consider a pet

Having a pet--especially a dog or cat--can [reduce stress](#) and anxiety significantly. Simply petting a dog has been shown in studies to lower blood pressure, so if you don't already have one, what are you waiting for? Pets are excellent companions and don't usually require much more than food, water, and love. Walking a dog is obviously a great way to get exercise, and this is something you can even do if you don't have your pet. There are always people [looking](#) for people to walk their dogs (and to pay them for it).

Joint health

Keeping your [joints healthy](#) is a priority, so if you don't already have issues with them, consider taking up jogging, which has proven to be good for strengthening joints. Multivitamins will go a long way toward keeping them healthy, as well, as will avoiding high heels and desk chairs that require you to look down at a computer screen. Adjusting your furniture can help ensure that your body is comfortable and without strain.

Do what makes you happy

Mental and emotional health is just as important as the physical, so find something that makes you happy and go for it. Whether it's learning a new instrument, creative writing, or just finding time every day to read a good book, engaging in healthy activities that make you feel good is imperative to living your best life.

***Jason Lewis** helped his mother recover after surgery, leading him to a profession in personal training. Jason has worked to create training programs that are considerate of the special needs of people over 65.*