



Essential

LIVING SKILLS

ESSENTIAL STEPS TO HEALTHY AGING



K-STATE
Research and Extension

Acknowledgments

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LEADER'S GUIDE

PROGRAM DESCRIPTION

Because aging is an inevitable and unavoidable process, how we take care of ourselves throughout the lifespan both physically and mentally has tremendous impact on the way in which we grow old. With an aim to motivate and challenge participants to embrace prevention and healthy lifestyle behaviors as a means to enhance overall health, well-being and life quality, this material promotes the notion that healthy lifestyle changes can have a positive impact at any age. Essential Steps to Healthy Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span. The 12 steps to healthy aging include:

1. Maintain a positive attitude.
2. Eat healthfully.
3. Engage in regular physical activity.
4. Exercise your brain.
5. Engage in social activity.
6. Practice lifelong learning.
7. Prioritize safety.
8. Visit the doctor regularly.
9. Manage your stress.
10. Practice good financial management.
11. Get enough sleep.
12. Take at least 10 minutes a day for yourself.

You may want to use the publications in the *Keys to Embracing Aging* series as you teach this lesson. Each publication addresses one of the healthy behaviors in more detail. All are available through the K-State Research and Extension bookstore and are listed at the end of this leader's guide.

In addition, a number of other K-State Research and Extension publications address issues related to healthy aging, such as physical activity and good nutrition. They are included in the list at the end of the leader's guide.

OBJECTIVES

Participants will learn:

- To teach Kansans that healthy behaviors and choices made across the lifespan and into old age promote health, well-being and life quality.
- To encourage Kansans to embrace healthy lifestyles as a way to promote optimal aging.

PROGRAM DESIGN

20 to 25 minutes (longer if you go into greater depth on a particular issue)

ROLE OF THE GROUP LEADER

Before the lesson begins:

- Confirm meeting space and time.
- Prepare program materials and supplies:
 - Print participants handout, *Essential Steps to Healthy Aging* (note: this will also serve as your script, so make a copy for yourself).
 - Print activity handout, My Healthy Aging Plan.
 - Print evaluation.
- Gain familiarity with all aspects of the program — the fact sheet, activity, and evaluation.
 - Staying true to the material, make personal or additional notes to emphasize certain points and/or invite additional audience participation as appropriate. It is great to ask participants “how are you currently [insert essential step to healthy aging]” or “how could you improve on how you [insert essential step to healthy aging].”

PROGRAM PROCEDURE

- Distribute the fact sheet and activity to participants.
- Proceed with the program using the participant handout, and your own notes, as a script.
- Engage participants in the activity, My Healthy Aging Plan.
- Distribute and instruct participants to complete the program evaluation.
- Collect the evaluation.

EVALUATION AND REPORTING PROCEDURE

Immediately after the program, enter your participant and evaluation data into KPICS.

RESOURCES

Keys to Embracing Aging series, by Erin Yelland, Ph.D.

- Keys to Embracing Aging 101 — MF3255
- Positive Attitude — MF3256
- Eating Smart — MF3257
- Physical Activity — MF3258
- Brain Activity — MF3259
- Social Activity — MF3260
- Tuning Into the Times — MF3261
- Practice Being Safe — MF3262
- Know Your Health Numbers — MF3263
- Stress Management — MF3264
- Financial Affairs — MF3265
- Sleep — MF3266
- Taking Time for You — MF3267

Other publications related to healthy aging

- MF3079 AgeSense: Adapting to Life's Changes, Fact Sheet, by Debra Sellers, Ph.D.
- MF3080 AgeSense: Adapting to Life's Changes, Leader's Guide, by Debra Sellers, Ph.D.
- MF3090 Let's Live a Little: Physical Activity for Fun and Fitness, Fact Sheet, by Barbara Ames
- MF3091 Let's Live a Little: Physical Activity for Fun and Fitness, Leader's Guide, by Barbara Ames
- MF3053 Action Plan for Healthy Living, Fact Sheet, by Donna Krug
- MF3054 Action Plan for Healthy Living, Leader's Guide, by Donna Krug

Comments/Notes

ESSENTIAL STEPS TO HEALTHY AGING

Maintaining a healthy lifestyle throughout your life is the most important step to healthy and successful aging. Research on centenarians, people 100 years old and older, shows that 12 essential steps to healthy aging contribute to longevity.

1. Maintain a positive attitude.
2. Eat healthfully.
3. Engage in regular physical activity.
4. Exercise your brain.
5. Engage in social activity.
6. Practice lifelong learning.
7. Prioritize safety.
8. Visit the doctor regularly.
9. Manage your stress.
10. Practice good financial management.
11. Get enough sleep.
12. Take at least 10 minutes a day for yourself.

Since there is no magic potion to stop the aging process, it is important to take care of your body, mind and spirit throughout your whole life. By incorporating these 12 steps and other healthy behaviors into your daily life you can encourage optimal aging throughout the life span.

Resources:

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ACTIVITY: MY HEALTHY AGING PLAN

Today you learned that maintaining a healthy lifestyle throughout your life is the most important step to healthy and successful aging. So ask yourself—What can I do to better my lifestyle in each of these areas? What goals or changes can I initiate that will help me age more successfully?

Write down some ideas or goals to better yourself that align with each essential step to healthy aging.

	IN ORDER TO BETTER MY LIFESTYLE, I PLAN TO:
Maintain a positive attitude	
Eat healthfully	
Engage in regular physical activity	
Exercise my brain	
Engage in social activity	
Practice lifelong learning	
Prioritize safety	
Visit the doctor regularly	
Manage my stress	
Practice good financial management	
Get enough sleep	
Take at least 10 minutes a day for myself	

EVALUATION

SATISFACTION	YES	NO
1. The subject matter was timely for me.		
2. The information was practical to me.		
3. Overall, this was a very educational program.		
4. I would recommend this program to others.		

UNDERSTANDING	STRONGLY DISAGREE			STRONGLY AGREE	
5. I understand how the choices I make today affect my health and well-being in the future.	1	2	3	4	5
6. I understand that healthy lifestyle choices promote independence and well-being.	1	2	3	4	5
7. I understand that healthy lifestyle choices promote a longer, healthier life.	1	2	3	4	5

8. As a result of this program, which of the following lifestyle behavior choices do you intend to practice on a regular basis? Check all that apply.

- | | | |
|--|---|---|
| <input type="checkbox"/> Maintain a positive attitude | <input type="checkbox"/> Engage in social activity | <input type="checkbox"/> Practice good financial management |
| <input type="checkbox"/> Eat healthfully | <input type="checkbox"/> Practice lifelong learning | <input type="checkbox"/> Get enough sleep |
| <input type="checkbox"/> Engage in regular physical activity | <input type="checkbox"/> Prioritize safety | <input type="checkbox"/> Take 10 minutes a day for myself |
| <input type="checkbox"/> Exercise my brain | <input type="checkbox"/> Visit the doctor regularly | |
| | <input type="checkbox"/> Manage my stress | |

ABOUT ME:

Age: I was born in _____ (year)	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender	Race: <input type="checkbox"/> White <input type="checkbox"/> Black <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> Other	Ethnicity: <input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic
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THANK YOU for completing this survey. Your participation is incredibly valuable to K-State Research and Extension.

NOTES

NOTES

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www.ksre.ksu.edu

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