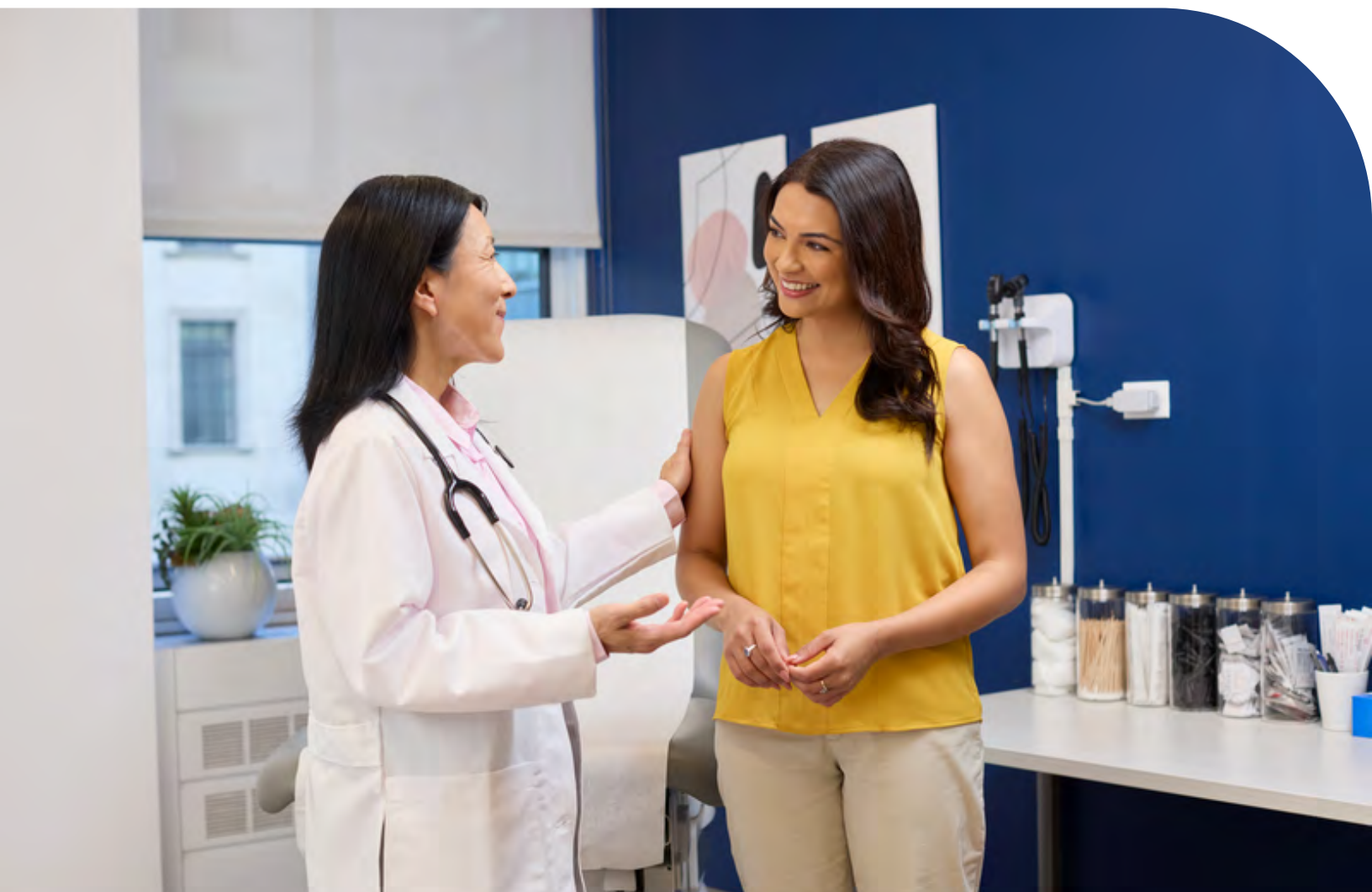


How can I make the conversation with my provider more valuable?

For Healthy Active Aging



For Healthy Active Aging

Patients of all ages and genders can use these questions to help guide conversations around healthy aging habits.



- What are some techniques to improve cognitive function and memory?
- What can I do to keep my mind sharp?
- Are there supplements I should incorporate to help as I age?
- How can I make sure I feel confident in my balance and physical abilities?
- What are some exercises to improve balance and flexibility?
- What are some ways to prevent age-related muscle loss?
- Do you have any dietary recommendations to age healthily?
- What are some chronic conditions I should watch out for?
- Can breathwork and meditation help improve my mental well-being?
- What can I do to feel more fulfilled?
- What can I do to enhance my quality of life?
- What can I do to have better physical, mental, emotional and social health?
- What advice would you give me to help me age healthfully?