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## 6 Concrete Ways Seniors Can Strive for Better Health

For seniors, good health is crucial to enjoying a high quality of life. Strong mental and physical health will give you greater independence, confidence, and enthusiasm to complete the everyday tasks of living and enjoy the unique activities you love. Here are six specific actions you can take to improve your health in your senior years.

### Get More Protein in Your Diet

According to [one study](#), seniors require more protein to build muscle than our current dietary guidelines recommend. Researchers suggest older adults should strive to consume [1.8 grams of protein](#) per kilogram of weight every day. In addition to supporting muscle growth, eating more protein will also help your body produce collagen. Collagen is a unique type of protein made by the body that supports connective tissues, bone cartilage, joints, and keeps the skin

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looking great. Since it's difficult for older bodies to produce collagen, seniors should consider taking collagen supplements if necessary. Check out [Family Living Today](#) to learn more about how collagen supplements can benefit you.

## Go for Walks in the Forest

Surprisingly, you can keep your mental health in shape by taking walks in nature. Research shows that [being in nature](#) has profound stress-relieving benefits and can even improve your memory. Plus, the exercise is great for your entire body, boosting circulation and keeping your heart healthy. Find an inviting forest path and give your mental health a refreshing boost whenever you're feeling irritated or overwhelmed.

## Maintain Your Social Connections

[Interacting with others](#) on a regular basis can keep your mind sharp and give you a sense of belonging. Studies have found that socially isolated seniors face more serious health decline than those who are socially engaged on a regular basis.

There are several ways you can give your social health a boost:

- Volunteer in your community
- Join a group or club
- Get a part-time job doing something you enjoy
- Organize outings with friends and family
- Adopt a loving pet, like a dog or cat

## Limit Sugary Foods

According to Business Insider, eating [too much sugar](#) puts you at risk of type 2 diabetes, obesity, liver failure, heart disease, kidney disease, and pancreatic cancer. Sugar can even contribute to cognitive decline! Try to [restrict your sugar intake](#) to 25 grams of sugar per day. Even better, cut it out completely. Sugar is found in many foods that you may not expect, such as ketchup, pasta, sauces, white bread, fruit juice, and yogurt. Make sure you read ingredient lists and look out for fructose, dextrose, sucrose, maltose, and syrups in the products you buy.

## Break Your Routine

Although routines can help reduce stress and give you a better sense of control over your life, [challenging yourself](#) with something new once in a while is a great way to exercise your memory. Pick up a new hobby, learn a new skill, take a different route to the grocery store, or try a new exercise. Switching up your routine can be scary, but it's also exciting!

## Boost Your Mobility with Yoga

Yoga is an excellent form of exercise for seniors since it combines strength, flexibility, cardio, and balance training in one low-impact activity. According to American Senior Communities, [yoga](#) can keep your joints mobile and muscles strong so you can maintain your independence and reduce your risk of falls — this can help you feel more secure as you go about your life. Whether you have aches and pains you wish to alleviate, or you're interested in supporting your general health, join a senior's yoga class in your area and try it out!

When you care for your mind and body, it really is possible to enjoy your senior years feeling just as good as you did when you were younger. Of course, sometimes there is nothing we can do to avoid certain chronic conditions or hereditary illness. You can, however, take steps to continuously improve your health so you can optimize your quality of life.