

HEALTHY LIVING IN YOUR

90s

You're in your 90s! What can you do to live a healthier life? Be healthier with one — or all — of the steps below! Get the conversation started at your next well-woman visit with this list.

Every day, I will try to:

Eat healthy — use the MyPlate Plan to get started

Get at least 30 minutes of physical activity (aerobic/exercises to improve my balance and strengthen my muscles - I will talk to my doctor about any conditions that limit my ability)

Get at least 7 to 8 hours of sleep

Reach and maintain a healthy weight

Get help to quit or not start smoking

Limit alcohol use to 1 drink or less

Not use illegal drugs or misuse prescription drugs

Wear a helmet when riding a bike and protective gear for sports

Wear a seat belt in cars and not text and drive

I will talk to my doctor at least once a year about:

My weight, height, diet and physical activity level

Whether I use tobacco, alcohol or drugs

Any violence in my life

Depression and any other mental health concerns

Who will make health care decisions for me if I am unable to

I will ask my doctor whether I am at higher risk of or need tests, medicines or vaccines this year for:

Blood pressure

Breast cancer prevention medicines

COVID-19

Flu

Hepatitis A, B and C

HIV

Lung cancer (55+ smoking now or quit in the last 15 years)

Osteoporosis

Pneumonia

Shingles

Sexually transmitted infections

Skin exam

Tetanus, diphtheria and whooping cough

Tuberculosis

Urinary incontinence



St. Luke's is a part of the Spirit of Women network, committed to providing leading women's health education and services to patients and the community. We offer a complimentary Spirit of Women membership program to help empower and inspire women and their families to achieve their best health and wellness.

For more information or to join our Spirit of Women membership program, visit stlukes-stl.com/spirit or call 314.205.6654.

St. Luke's Services | stlukes-stl.com/services

Classes and Events | 314.542.4848

stlukes-stl.com/st-lukes-education-programs

- Breast Health
- Bone Health
- Dermatology
- Diabetes Care
- ENT
- Gastroenterology
- Hearing
- Heart Health
- Home Health
- Neurology
- Nutrition and Wellness
- Orthopedics
- Physical Therapy and Massages
- Physician Referral
- Plastic Surgery
- Pulmonary
- Sleep Medicine
- Urgent Care Center
- Weight Loss Services
- Wound Care



St. Luke's Services
take a photo with smart phone camera



St. Luke's Doctors
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The decision to get any medical test or procedure, at any age, is a personal one between you and your doctor. These recommendations may not apply to every person.

These guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices, the Women's Preventive Services Guidelines, the 2015-2020 Dietary Guidelines for Americans, and the 2018 Physical Activity Guidelines for Americans.