



Nifty at Fifty

and 60, and 70, and beyond!

You've turned 50. Now what? In a study by the National Council on the Aging, older adults were asked about the most important keys to a meaningful and vital life. 88 percent said "having family and friends;" 86 percent said "taking care of your health." But, only 36 percent claimed to be very knowledgeable about things you can do now to prepare for a healthy old age.

"How we spend our days is, of course, how we spend our lives," said

writer Annie Dillard. So, if you'd like to keep your physical, mental, and financial health going strong every day, here are some pointers.

Physical Health

A healthy diet can help prevent diabetes, heart disease and obesity, among other health problems. According to the AARP (American Association of Retired Persons): "Adopting a disease-fighting diet is much

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