

ABCD Guide for Healthy Living

for Older Adults



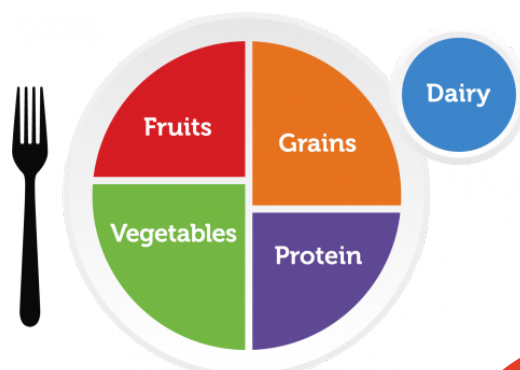
HEALTHY HABITS

Do you feel as good now as you did at age 40 or at age 50? Healthy habits may help to make you feel better. While it may seem like a lot of work to change your habits, it will be worth it. Even small changes can improve your health. **Healthy habits are easier than you think. Include A,B,C and D in your daily habits.**

Active living (physical activity)



Balanced diet



Cut out smoking and alcohol



Decrease sugar intake



Share your health and lifestyle habits with your dental and healthcare providers. They can help you maintain a healthy, independent life.

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