



WELLNESS WORKSHEET 103

Are You Prepared for Aging?

Assess Your Current Behaviors

Are you doing everything you can now to enhance the quality of your life as you age? Read through the following list of statements and check the answer that best describes your current behavior.

Yes **No**

- _____ _____ I exercise regularly.
- _____ _____ I eat wisely.
- _____ _____ I eat meals low in fat and added sugars and high in essential nutrients and fiber (fresh fruits and vegetables, whole-grain cereals and breads, brown rice, pasta).
- _____ _____ I limit saturated and trans fats and get protein from fish, skinless poultry, and plant sources.
- _____ _____ I use fat-free or low-fat dairy products.
- _____ _____ I consume the recommended amount of calcium, vitamin D, and vitamin B-12.
- _____ _____ I limit the amount of sodium I consume and consume adequate potassium.
- _____ _____ My weight is in the recommended range.
- _____ _____ I drink alcohol in moderation, if at all.
- _____ _____ I don't use tobacco in any form.
- _____ _____ I recognize the stressors in my life and take appropriate steps to control and deal with stress.
- _____ _____ I perform appropriate self-examinations.
- _____ _____ I have regular physical examinations that include appropriate screening tests.
- _____ _____ I participate in activities that keep my mind sharp and active.

Thinking About Aging

Have you thought seriously about the changes that aging can bring? To help you begin thinking now about your life as you grow older, answer the following questions.

1. What things come to mind when you think of an older person? Can you imagine those things applying to you? What do you think you will be like when you are 70 years old?

2. What do you most look forward to as you grow older?

(over)

