

Healthy Lifestyle After 60 — Starter Guide

12 Essential Habits Checklist

- Move daily: 20–30 minutes of gentle activity (walking, tai chi, swimming).
- Prioritize sleep: 7–8 hours, consistent schedule.
- Balanced meals: vegetables, lean protein, whole grains, healthy fats.
- Stay hydrated: aim for regular water intake throughout the day.
- Strength training: 2 sessions/week with light weights or resistance bands.
- Balance practice: 5–10 minutes daily (heel-to-toe walk, single-leg stands).
- Mobility & stretching: daily morning routine.
- Social connection: weekly meetups, classes, or calls.
- Mental fitness: puzzles, reading, meditation.
- Preventive care: regular checkups and recommended screenings.
- Medication review: reconcile meds with your clinician annually.
- Footwear & posture: comfortable supportive shoes and upright posture.

7-Day Starter Routine

Day	Activity
Day 1	Gentle walk 20 min + 5 min balance practice (single-leg stand)
Day 2	Mobility sequence + light strength (bands) 20 min
Day 3	Tai Chi or balance class 30 min (or follow video)
Day 4	Restorative stretching + breathing 20 min
Day 5	Strength-focused session (sit-to-stand, wall push-ups) 25 min
Day 6	Longer walk + social activity (park, class) 30–45 min
Day 7	Review: full gentle routine 20–30 min + plan next week

Posture & Movement Tips

- Keep the spine tall but relaxed; imagine a string gently lifting the crown of your head.
- Soft knees: avoid locking joints during movement.
- Breathe naturally and coordinate breath with motion.
- Move slowly and mindfully; quality over speed.
- Use supportive footwear and practice on even surfaces.

Safety Notes & Resources

Always consult your healthcare provider before beginning a new exercise program. If you have chronic conditions (heart, lung, joint disease), get tailored advice. Helpful resources: National Institute on Aging (NIA) physical activity guidelines; local community centers and senior classes.

Created by ActiveLifeAfterSixty

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