



LIFELONG WELLNESS

What to Focus on at Every Age

Staying healthy is about adapting your routines to support your body and mind through every stage of life. Whether you're just starting your wellness journey or refining it, consistency and intention matter most. Here's your guide to lifelong wellness, with practical tips for building habits that stick and staying active at every age.

FORMING HEALTHY HABITS THAT LAST A LIFETIME

Healthy habits are developed gradually and reinforced over time. No matter your age, these core principles remain essential:

Start small and stay consistent:

Focus on simple, manageable actions, like drinking more water, walking daily, or preparing a nutritious meal at home.

Prioritize nutrition over dieting:

Lasting nourishment matters more than restrictive eating patterns. Opt for balanced meals that include fruits, vegetables, lean proteins, whole grains, and healthy fats.

Make sleep non-negotiable:

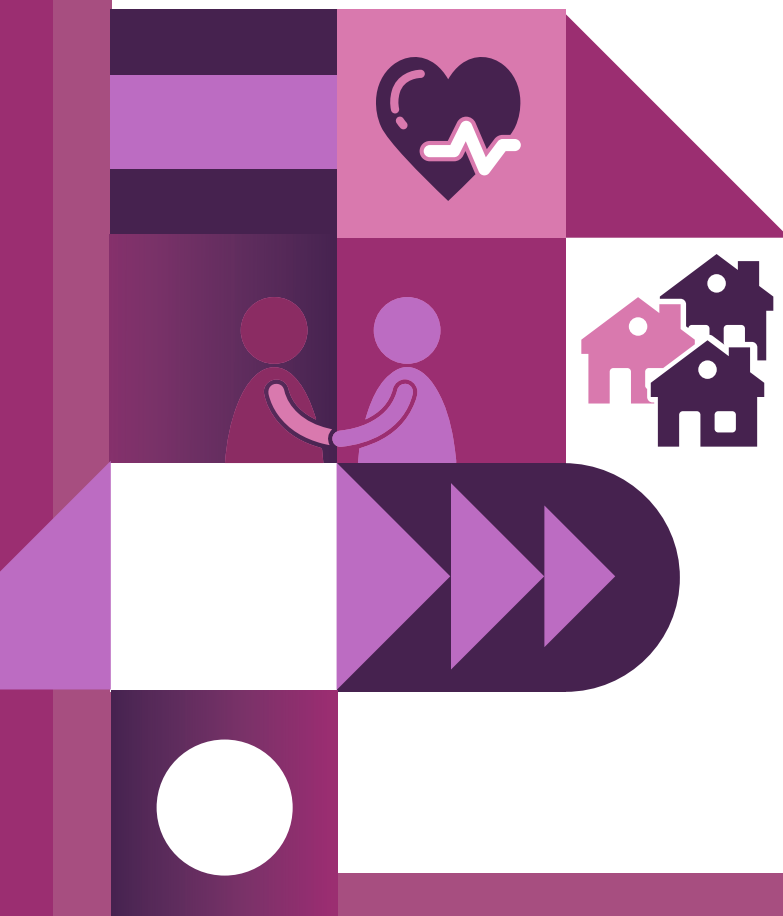
Quality rest supports everything from immune health to mental clarity. Establish a fixed bedtime schedule and aim for seven to nine hours of sleep each night.

Manage stress:

Chronic stress affects long-term health more than you may realize. Incorporate practices such as mindfulness, journaling, or deep breathing.

Stay connected:

Strong social connections support emotional wellness and even longevity. Make time for meaningful conversations and shared experiences.





EVOLVING YOUR HEALTH FOCUS AS YOU AGE

In Your 20s and 30s: Building the Basics

This stage is all about creating a strong foundation for your future health.

In Your 40s and 50s: Strength and Prevention

As metabolism changes and responsibilities grow, being proactive becomes more important.

Focus areas:

- Establishing steady exercise routines
- Developing a balanced diet
- Managing stress and sleep

Stay active:

- Try a mix of cardio and strength training
- Experiment with different activities (e.g., yoga, cycling, and team sports)
- Target at least 150 minutes of moderate activity weekly

● WELLNESS TIP:

Create routines that fit your lifestyle. Habits you enjoy are the ones you're more likely to keep.

Focus areas:

- Preserving muscle mass and bone density
- Monitoring health indicators, like cholesterol and blood pressure
- Preventing injury

Stay active:

- Do strength training two to three times per week
- Add stretching or mobility exercises, such as Pilates
- Strive for consistency, rather than intensity

● WELLNESS TIP:

Pay attention to your body and allow time for recovery. Rest is an important part of staying healthy.



EVOLVING YOUR HEALTH FOCUS AS YOU AGE

In Your 60s and Beyond: Mobility and Vitality

Physical activity helps prolong independence, prevent chronic disease, and improve quality of life in older adults.

Focus areas:

- Maintaining balance and coordination
- Supporting joint health
- Staying socially and mentally engaged

Stay active:

- Practice balance exercises to prevent falls
- Choose low-impact activities, like walking, swimming, or tai chi
- Join a walking group or book club and routinely engage in activities like puzzles or word games

● WELLNESS TIP:

Movement supports both physical and mental health. Regular activity can improve energy and confidence.

WELLNESS IS A LIFELONG ENDEAVOR

There's no perfect age to start prioritizing wellness — it's always the right time. By building strong habits, staying active, and adapting to your body's needs, you can enjoy a healthier, more vibrant life at every stage.



HEALTHY AGING

Across the Decades

[REGISTER](#)

Wednesday, September 9, 2026
2-3 p.m. E.T.

As the body ages, it's important to stay ahead of the curve and keep moving! We'll discuss effective ways to prevent injuries, stay strong, and maintain overall health through fitness. See how to adapt your workout routine to your fitness level and explore strategies to prevent illness and boost wellness. Get ready to design a flexible, powerful workout regimen that keeps you feeling energized and fit at any stage of life.



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