



## **7 Simple Ways to Stay Strong, Active & Independent After 50**

### **1. Pray and Meditate on God's Word**

Spend time daily in prayer and reflection, allowing God's Word to guide your thoughts, actions, and overall well-being.

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### **2. Move Your Body Daily**

Aim for at least 20–30 minutes of walking, stretching, or light exercise each day.

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### **3. Eat More Whole Foods**

Focus on fruits, vegetables, lean proteins, and whole grains.

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### **4. Stay Hydrated**

Drink plenty of water throughout the day to support energy and overall health.

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### **5. Strengthen Your Muscles**

Incorporate light strength training 2–3 times per week.

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### **6. Get Quality Sleep**

Aim for 7–8 hours of restful sleep each night.

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### **7. Stay Socially Connected**

Engage with family, friends, and your community regularly.