



The Rizzi Difference  
RIZZI MENTAL HEALTH ASSOCIATES  
RIZZI GERIATRIC ASSOCIATES

# Newsletter

September 2023

## Healthy Aging Month



September is Healthy Aging Month. This month gives us an opportunity to focus on the physical and mental health of older adults.

Physical activity is an important part of staying healthy as we age, but it's important to find activities that are fun and fulfilling. If you enjoy doing physical activities, you can realistically stay motivated to stick with them. Staying active is a great way to maintain a positive outlook and mood as well as keep your mind sharp and engaged.

### SUPER HEALTHY Benefits of Apples

Lung, Breast, Colon, Liver Cancer Prevention  
Alzheimer's Prevention  
Diabetes Management  
Bone Protection  
Asthma Help  
Weight Loss



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Just knowing physical activity is good for your health may not be enough to keep you motivated to stay active. Here are some easy tips to help you find your motivation.

Keep track of your progress. You might choose to use a fitness-tracking app or simply write down your activities in a journal or on a calendar. Keeping track of your activity allows you to see your progress and celebrate as you achieve new goals.

Plan exercise with friends. When you make your physical activity a social event you will be less likely to skip it. Also, exercising with a buddy can be more fun than solo.

Mix it up! Doing the same exercise program each time can begin to feel like a chore. Try different kinds of activities or something totally new to make exercising an exciting adventure.

Make small changes. Making simple changes like taking the stairs or parking further away from your destination are great ways to stay active without a formal exercise program. These changes can help your overall health and motivate you to add on more activities.



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**We are honored to care for you!**

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