

Take Action! Pick ONE thing to start this week from the checklist below and build from there.

1 Build Strength

- ☐ Strength train at least 2 days a week (chair stands, resistance bands, soup cans, light weights, etc)
- ☐ Add approximately 20 minutes of moderate activity daily (like brisk walking)

2 Protect Your Balance

- ☐ Practice balance daily: stand on one foot while brushing teeth; walk heel-to-toe
- ☐ Do a home safety walk-through: remove loose rugs, improve lighting, add grab bars
- ☐ Have your medication list reviewed for fall risks

3 Eat More Protein

- ☐ Aim for 1.0–1.2 g protein per kg body weight
- ☐ Spread protein across meals: eggs or Greek yogurt at breakfast, beans/chicken at lunch, fish or lean meat at dinner
- ☐ Pair protein with strength training

4 Prioritize Your Social Calendar

- ☐ Schedule regular social contact: church group, volunteering, grandkids, or a regular walk with a friend
- ☐ Address hearing or vision loss

5 Do the Boring Stuff That Protects Everything

- ☐ Schedule a regular check-up with your primary care provider
- ☐ Stay current on screenings (colorectal through age 75; bone density for women 65+) and vaccines
- ☐ Bring your full medication list (including supplements & over-the-counter medications) to every visit

**Ready for a partner
in this plan?**

**Call (210) 892-0224 or
visit apexmed.clinic to get started!**