



Healthy Aging Starts Now: Thriving Through Every Stage

September is Healthy Aging Month. "Healthy aging" often sounds or looks like optimizing physical health, nutrition or exercise. The habits we build, relationships we nurture, financial decisions we make, and goals we pursue throughout adulthood all contribute to our long-term wellbeing.

While every person's journey is different, each decade brings unique opportunities and challenges. Understanding what healthy aging looks like at different stages of life can help us make choices today that support a healthier future.

Your 30s: Building the Foundation

For many adults, their 30s are a decade of growth and transition. Careers begin to take shape, relationships deepen and family responsibilities may increase. It can also be a time when competing priorities make self-care feel less important.

Healthy aging in your 30s establishes a solid foundation:

- Developing sustainable habits around sleep, movement, nutrition and preventive care
- Learning how to manage stress and maintain healthy boundaries
- Saving responsibly and consistently, managing debt and creating long-term goals
- Developing skills, networking and discovering career paths that align with personal values and strengths

Your 40s: Balancing Multiple Roles

The 40s are often described as the "sandwich generation" years. Many adults find themselves balancing careers, raising children and helping support aging parents, all while managing their own health and wellbeing.

Healthy aging during this decade requires intentional balance. Physical changes may become more noticeable, making regular exercise, strength training and preventive screenings increasingly important. Maintaining muscle mass, mobility and cardiovascular health can help support long-term independence and quality of life.

Relationships also play a critical role. Strong social connections have been linked to better mental and physical health, while supportive personal and professional relationships can help individuals navigate life's pressures more effectively.

Financially, people in their 40s often reassess priorities. This may include increasing retirement contributions, planning for education expenses or reevaluating long-term financial goals.

At work, healthy aging may involve taking on leadership opportunities, mentoring others or expanding expertise through continued learning. Remaining adaptable and open to growth can help individuals thrive as workplaces continue to evolve.

Your 50s and Beyond: Preparing for the Next Chapter

By the time people reach their 50s, many have accumulated valuable life experience, professional knowledge and personal insight. This decade often brings an opportunity to reflect on what matters most and plan for the years ahead.

Healthy aging in your 50s may include:

- Prioritizing preventive health care.
- Maintaining strength and mobility.
- Planning for retirement with purpose.
- Investing in meaningful relationships.
- Sharing knowledge and mentoring others.
- Continuing to learn and adapt.
- Reevaluating personal goals.

Healthy aging in your 50s isn't about slowing down. It's about leveraging the knowledge, resilience and perspective you've built over the years to create a rewarding and purposeful future.

Healthy Aging Is a Lifelong Process

There is no single age at which healthy aging begins. The choices we make today influence our tomorrow, and it's never too late to start!

Whether you're building your career, caring for family, strengthening relationships or planning for the future, healthy aging is about creating a life that supports your wellbeing at every stage.



Rethinking Aging: Why Healthspan Matters as Much as Lifespan

For decades, medicine has celebrated a simple victory: people are living longer. But length of life and quality of life are not the same thing, and a growing number of healthcare providers want that distinction to shape how we care for ourselves as we age.

Healthspan refers to the years you spend in good health, with your mobility, memory and independence intact. While lifespan counts the years, healthspan asks how well you actually live them. Mayo Clinic geriatrician Christina Chen, M.D., and her colleague Sara Bonnes, M.D., recently outlined this framework in Mayo Clinic Proceedings, arguing that living longer is not necessarily the same as living well.

That distinction plays out in real ways. Many people now spend their later years managing chronic disease, reduced mobility and cognitive decline, living longer but growing increasingly dependent. When care focuses only on treating disease or extending survival, the things patients often value most, such as staying independent at home and thinking clearly, can slip out of view.

Fortunately, healthspan can be measured. Simple, validated tools like gait speed (how quickly someone walks), grip strength, balance checks and cognitive screening can reveal how someone is truly functioning, rather than only what their lab values show. When these measures are tracked over time and paired with preventive care, they help align treatment with what matters to each person.

Aging well is not only about adding years to your life. Protecting your strength, movement, social connection and mental sharpness is what keeps those years meaningful, allowing you to live with quality, dignity and purpose.

"Rethinking aging: Why 'healthspan' matters as much as lifespan," Marla Broadfoot, Ph.D., Mayo Clinic News Network, July 1, 2026.



Low-Sodium Sloppy Joes

Prep Time: 15 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients

- 1 tablespoon olive oil
- 1 pound lean ground beef
- ½ cup onion, chopped (plus extra for garnish)
- 3 cloves garlic
- 1 bell pepper, chopped
- 1 14-ounce can no-salt-added crushed tomatoes
- 1 tablespoon low-sodium Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon freshly ground Tellicherry black pepper
- 4 hamburger buns

Instructions

- 1.** In a large pan, add the olive oil, ground beef and onions, and sauté over medium heat until the meat browns, about 10 to 15 minutes. Add the garlic and bell pepper and sauté until the pepper begins to soften, about 4 more minutes.
- 2.** Add the crushed tomatoes, Worcestershire sauce and the remaining ingredients to the pan, and cover. Sauté on low heat until the peppers are soft, about 15 minutes.
- 3.** Add the cooked meat to the tomato mixture and stir well to combine. Cook to heat the meat all the way through, about 5 minutes. Taste and add pepper if needed.
- 4.** Toast the buns and add a generous scoop of the sloppy joe mixture. Top with fresh chopped onion and enjoy!

Nutrition Information: Serving: 1 sandwich, Calories: 478kcal, Carbohydrates: 31g, Protein: 25g, Fat: 287g, Sodium: 276mg, Fiber: 2g, Sugar: 9g

Recipe adapted from: [lowsorecipes.com](https://www.lowsorecipes.com)

