

YOUR LIFE AS A MASTERPIECE

Creating Harmony from Inside Out

Roger Landry, M.D., M.P.H.

Did you know research has definitely shown that lifestyle is the major determinant of how we age? This means you have more control of how you age than you may think. It will require some work, and Growing Bolder has an engaged and supportive community ready to help you become the maestro of your lifestyle.

Tuning Your Life's Orchestra Everyday

1. Move more
2. Learn something
3. Reach out to someone
4. Do something that scares you
5. Find something that will quiet your chattering mind
6. Find your purpose

1. How physically active are you currently? Over the last few decades? How might you incorporate more movement and/or exercise into your lifestyle in a way that you can maintain on a daily basis?

2. What are you interested in learning? Are there online classes, how-to videos, or local groups where you could learn about this new topic or skill?

3. Has your social interaction decreased over time? How might you connect with people on a daily basis, from a phone call to simply waving and smiling at a neighbor?

4. When was the last time you intentionally did something outside of your comfort zone? What would it feel like to do something everyday that scares you? Would it eventually become less scary to try new things?

5. Music, nature, art, crafting and spending time with pets can all help quiet the mind. Which of these works best for you? Is there something else that helps you relax and feel more peaceful?
