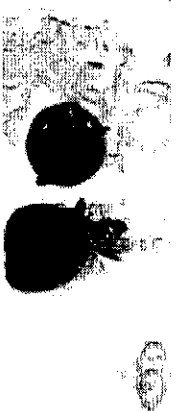


# HEALTHY AGING®



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**Welcome to the Healthy Aging® Web site.** We're the official site of Healthy Aging®, the on line magazine, for positive information on aging. Healthy Aging® is a national ongoing health effort designed to broaden awareness of the positive aspects of aging and to provide information and inspiration for adults, age 50+, to improve their physical, mental, social, and financial fitness. Healthy Aging® is a U.S. registered trade and service mark. Healthy Aging® represents the best there is about aging.



**Healthy Aging® Food** - the best of food for those who want to age healthfully and enjoy good food.



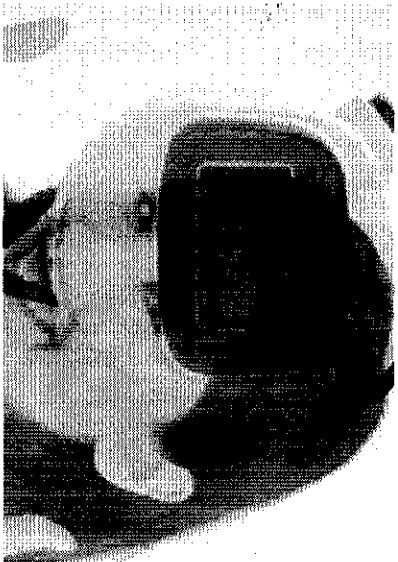
**Healthy Aging® Financial Wellness** - because there's lots of living yet to do! Click here for info and ideas...



**Healthy Aging® Mental Wellness** - Keep up the spirit...use it or lose it



**Healthy Aging® Fitness** - I can do it! It's never too late to start



## News

[Healthy Aging® Tip of the Week](#)

[Featured Products](#)

**News & Announcements ... FOLLOW US ON TWITTER**

**TODAY'S NEWS FROM THE HEALTHY AGING® NEWS DESK:**

**SEPTEMBER IS HEALTHY AGING® MONTH...**

September is Healthy Aging® Month and we want your tips and secrets to share with the 350,000 visitors to our site. [Click here to participate](#)

September is Healthy Aging® Month news release



**HUMANAN'S FREEWHEELIN PROGRAM RACKS UP THE RIDES AT SENIOR GAMES...** [read more](#)

**SWIMMING RECORDS BROKEN AT SENIOR GAMES** 46 National Senior Games swimming records already broken as Games begin... [read more](#)

**AstraZeneca and the Artery Explorer Take Senior Games attendees on Virtual Journey Through the Arteries...**

It's never too late to care for the arteries. Exhibit at Senior Games [read more](#)

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From the Editor

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What's Next

HEALTHY AGING

IT'S NEVER TOO LATE!

4 Power 100® feature on the issue of positive aging  
• Physical Fitness • Mental Wellbeing  
• Travel • Hobbies • Financial Survival  
Put important addresses and phone numbers  
[click here to order brochures](#)  
and other resources!



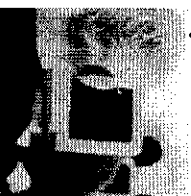
**SENIOR GAMES BEGIN...**

Over 10,000 athletes are out to prove athletic competition is not just for the young... Read more about [Senior Games](#)

**HEALTHCARE BILL....**

What does the healthcare bill really say? Have you read it (1018 pages) and do you have an opinion on it? [Read more](#) and [leave your comments...](#)

**Say No! to Retirement...yes to a healthier brain..**



Scientists at the Institute of Psychiatry at King's College London have found that keeping the brain active by working later in life reduces the risk of developing Alzheimer's disease at a younger age. [Read more...](#)

News from International Association of Gerontology Congress, Paris, July 5 - 9...

**THE BATTLE CRY FOR AGING: VIVE LA CHANGE!  
Recap of the 2009 IAGG World Congress of Gerontology and Geriatrics** [read the full story](#)

Congress Opens... Longevity, health and wealth ...mark the theme... [read the full story](#)



BBQ - classic chicken bbq recipe [read full story](#)

Springing into Summer with Healthy Recipes... [read full story](#)  
salads, sides, main dishes...and more

**HEALTH NEWS**

New Report Finds Obesity Epidemic... Fat Kids Become Fat Adults... [read full story](#)

DYNASTY: INFLUENZA VIRUS IN 1918 AND TODAY... [read full story](#)



Home Gardeners Can Reap Huge Financial Rewards Growing Veggies

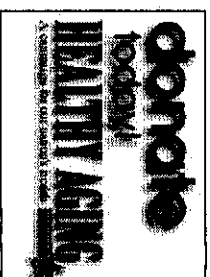


Gardens are "in" for the health and the money of it.

Reward Your Senses by Gardening [read more](#)



Pedaling Toward Osteoporosis? Recent studies suggest correlation between bicycling and low bone density...[read more](#)



**Twitter**

Has your age pushed you out of a job... or is it the economy? What to do? [Think of starting your own small business...](#)



**NUTRITION NEWS: SALT/WATER-  
INJECTED "ALL NATURAL" FRESH  
CHICKEN ? [read full story](#)**

American Heart Association science advisory: Omega-6 fatty acids are a good thing...[read more](#)



**FINANCIAL NEWS: HOW TO SAVE  
MONEY ON YOUR 2008 TAX RETURNS...  
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More Americans Live to Work, than Work to Live...[read more](#)



**PHYSICAL HEALTH NEWS: It's Cane-Fu  
Fighting as Seniors Raise Cane for Exercise  
and Protection... [read the story](#)**

Alcohol flush not a good first blush...[study shows  
relationship to cancer](#)



**MENTAL WELLNESS NEWS:  
DEPRESSION LINKED TO STRESS**

Want to be inspired? Watch and listen to Susan Boyle, the American Idol contestant who is following her passion... no matter what anyone has told her!!! [Click here](#)

**7 TIPS FOR OLDER ADULTS TO TAKE THE  
STRESS OUT OF ON-LINE SHOPPING [read more..](#)**

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