

THE TEN COMMANDMENTS FOR HEALTHY LIVING

- I. THOU SHALT EAT RIGHT AND MAINTAIN A HEALTHY BODY WEIGHT.**
- II. THOU SHALT STAY ACTIVE, MAINTAIN BALANCE AND SAFETY.**
- III. THOU SHALT NOT SMOKE.**
- IV. THOU SHALT AVOID DRUGS AND EXCESS ALCOHOL.**
- V. THOU SHALT REDUCE AND MANAGE STRESS.**
- VI. THOU SHALT STAY CONNECTED AND BUILD RELATIONSHIPS WITH FAMILY AND FRIENDS.**
- VII. THOU SHALT HAVE REGULAR CHECK-UPS, HEALTH SCREENINGS, AND IMMUNIZATIONS.**
- VIII. THOU SHALT MANAGE ANY CHRONIC MEDICAL CONDITIONS AND MEDICATIONS.**
- IX. THOU SHALT BUILD A PARTNERSHIP WITH YOUR PHYSICIAN.**
- X. THOU SHALT ACTIVELY PARTICIPATE IN PLANNING FOR FUTURE HEALTH CARE AND LONG-TERM CARE NEEDS. THOU SHALT COMPLETE AN ADVANCE CARE DIRECTIVE.**

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