



Kansas City

Women's Health Tips for the Decades

Live Well at Any Age

Each decade of life presents different health challenges. These tips support good health and encourage a healthy lifestyle.



20s

- Get 30 minutes of physical activity.
- Quit smoking or don't start.
- Limit alcohol use.
- Wear sunscreen.

30s

- Increase your calcium intake now.
- Include high-intensity interval training (HIIT) as part of your exercise regime.
- Get an annual well-woman visit or as often as your doctor recommends (such as every other year or every 3-5 years).

40s

Critical Decade

- Cut out added sugars such as desserts, juices and pop.
- Limit salad dressing.
- Eat more green leafy veggies.
- Exercise daily.

50s

- Take up a new exercise, like running.
- Get regular checkups and preventive screenings.
- Ask about daily aspirin use (55 and older).

60s

- Slow down and enjoy life.
- Take up group exercising.
- Join a book club.
- Talk to your doctor about osteoporosis screening.

70s

- Ensure your home is safety-proof - to eliminate falls or trips.
- Keep exercising - walk regularly, and aim for 30 - 60 minutes most days.
- Get cancer screenings regularly or when your doctor recommends them.