

Mayo Clinic Medical Edge

Aging Well

1:00

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Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	63-YEAR-OLD JIM KELLY KNOWS THAT STAYING ACTIVE AND KEEPING FIT IS A BIG PART OF GROWING OLD GRACEFULLY.
Jim Kelly	"I LOVE TO PLAY GOLF."
	OF COURSE IT DOESN'T HAVE TO BE GOLF. ACTIVITIES SUCH AS WALKING, GARDENING, EVEN HOUSEWORK CAN HELP KEEP YOU FIT. BUT MAYO CLINIC DR. EDWARD CREAGAN SAYS THERES MORE TO HEALTHY AGING – ESPECIALLY AFTER RETIREMENT – THAN JUST FITNESS. HE SAY YOU NEED...

Edward Creagan, M.D.	SOMEONE TO LOVE, SOMETHING TO DO, AND SOMETHING TO LOOK FORWARD TO.”
	TAKE JIM, HE LOVES HIS GRANDDAUGHTER AND LOOKS FORWARD TO SPENDING TIME WITH HER. HE ALSO VOLUNTEERS IN HIS CHURCH. THESE ACTIVITIES HELP HIM FEEL CONNECTED AND FULL OF PURPOSE.
Jim	“WHEN YOU RETIRE YOU HAVE A WHOLE OTHER LIFE.”
	AND AS DR. CREAGAN SAYS, IT CAN BE A WONDERFUL LIFE IF YOU STAY FIT, AND HAVE SOMEONE TO LOVE, SOMETHING TO DO, AND SOMETHING TO LOOK FORWARD TO.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
