

Healthy aging: Over 50

By Mayo Clinic staff

Healthy aging is a hot topic for baby boomers everywhere. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of healthy foods, practicing portion control and including physical activity in your daily routine can go a long way toward promoting healthy aging. Better yet, it's never too late to make healthier lifestyle choices.

If an interest in healthy aging leads you to consider anti-aging therapies — such as restrictive diets, supplements or expensive treatments claiming to postpone or even reverse the aging process — be cautious. There's no quick fix for healthy aging. Know what you're buying, and know how to spot suspicious schemes. Often, anti-aging therapies don't live up to the claims.