

# HEALTH TIP



## 3 Anti-Aging Tips for Your Knees

Maintaining knee health and staving off disease and injury doesn't have to be an insurmountable task. Focusing on a few key factors, consistently, can help your knees stay healthy and strong into your Golden Years.



### WATCH YOUR WEIGHT

Overweight and obesity are significant contributors to the degeneration of knees over time. Be sure you are maintaining a normal weight for your height through diet and exercise.



### MOVE MORE

Though many people tend to slow down as they get older, focusing on some form of daily exercise helps to keep the knees in proper working order!



### FOCUS ON PROTECTION

The knees are protected by strong thigh muscles, including the hamstrings, quadriceps and abductors – focus on exercises that keep them strong!