

# Are You Ready For The Second Half Of Life?



# MIDLIFE CHECKLIST

## Medical

- PHYSICAL EXAM
- MAINTAIN HEALTHY WEIGHT
- BLOOD PRESSURE CHECK
- CHOLESTEROL SCREENING
- THYROID SCREENING
- DIABETES SCREENING
- BASELINE EKG
- COLONOSCOPY
- MAMMOGRAM
- BONE DENSITY SCREENING
- EYE EXAM & GLAUCOMA SCREEN
- SKIN CANCER CHECK
- DENTAL CHECK & CLEAN
- UPDATE IMMUNIZATION
- CREATE HEALTH CARE DIRECTIVE & ORGAN DONATION REGISTRY

## Family

- UPDATE WILL
- CREATE LIVING WILL & DURABLE POWER OF ATTORNEY
- DISCUSS LOCATION OF IMPORTANT DOCUMENTS
- ENCOURAGE ADULT CHILDREN TO BE INDEPENDENT

## Financial

- PAY OFF DEBT
- CREATE EMERGENCY FUND
- REVIEW RETIREMENT PLAN
- CONTRIBUTE TO RETIREMENT
- LONG TERM CARE INSURANCE
- EVALUATE NEW CAREER OPPORTUNITIES



# MIDLIFE

# CHECKLIST

## Exercise

- EXERCISE 3X A WEEK
- BUILD MORE LEAN MUSCLE
- LESS BODY FAT
- MORE BONE DENSITY
- IMPROVE POSTURE
- INCREASE FLEXIBILITY
- JOIN A TEAM OR SPORT

## Lifestyle

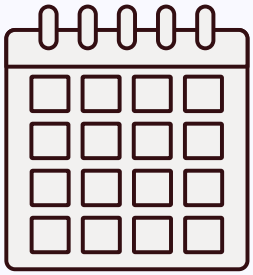
- GET LOTS OF SLEEP
- FIND A CREATIVE OUTLET
- DECLUTTER YOUR LIFE AND HOME
- TRAVEL AND EXPLORE
- CREATE A PERSONAL STYLE
- CONNECT IN YOUR COMMUNITY

## Healthy Eating

- DRINK LOTS OF WATER
- EAT COLORFUL FOODS
- DRINK SENSIBLY
- ELIMINATE SUGAR IN DIET
- TAKE A MULTI VITAMIN
- ADD FIBER AND FISH TO DIET
- PLAN HEALTHY MEALS

## Mental Health

- SET ASIDE QUIET TIME IN MORNINGS
- BE OPTIMISTIC
- FIND FRIENDS IN YOUR LIFESTAGE
- HAVE FUN
- ASSOCIATE WITH POSITIVE PEOPLE
- TALK TO DOCTOR ABOUT ANXIETY AND DEPRESSION



# When Should I Schedule Medical Appointments

## **General Practitioner- Once a year or as needed**

Weight Management and General Health  
Blood Pressure, Cholesterol Screening, Thyroid Function  
Blood Sugar/ Diabetes-Blood Fasting  
Urinalysis/Stool  
Hearing Test starting at age 65  
Immunizations Update: Flu/Pneumonia, Hepatitis A & B,  
Tetanus Booster ever 10 years

## **Gynecologist-Once a year**

Pelvic Exam  
Pap Smear/HPV Test- Do not need if had hysterectomy  
Breast Exam/Mammogram (yearly)  
Bone Density X-ray

## **Optometrist-Once a year**

Eye Exam and Glaucoma Screen

## **Dermatologist- Once a year**

Yearly body skin cancer check and mole screen

## **Dentist- Twice a year**

Oral Health Check Up and Cleaning

## **Gastroenterologist-Colonoscopy**

Initial Colon Cancer Screen at age 50, then every 5 to 10 years

## **Cardiologist- Baseline Electrocardiogram (EKG)**

Baseline EKG and Stress Test as recommended