

# HEALTH FOR SINGLES



- Most chronic diseases develop over years.
- Lifestyle choices today influence future health.
- Prevention is often more effective than treatment.

## HEALTHY LIVING ACROSS THE LIFESPAN

# AGES 18–34: BUILD YOUR FOUNDATION

## Common issues:

- Anxiety/depression
- Obesity
- Asthma
- Early hypertension

## Focus:

- Exercise 150 min/week
- Strength training
- Healthy eating
- Sleep 7–9 hours

# AGES 35–49: PREVENT CHRONIC DISEASE

## Common issues:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Fatty liver

## Focus:

- Weight management
- Routine checkups
- Stress management

# AGES 50–64: EARLY DETECTION MATTERS

## Common issues:

- Heart disease
- Arthritis
- Cancer risk rises
- Hearing/vision changes

## Focus:

- Screenings
- Vaccinations
- Muscle preservation

# AGES 65–74: MAINTAIN INDEPENDENCE

## **Common issues:**

- Stroke
- Falls
- Cataracts
- Hearing loss

## **Focus:**

- Balance training
- Social activity
- Medication review

# AGES 75+: HEALTHY AGING

## **Common issues:**

- Frailty
- Dementia risk
- Multiple chronic illnesses

## **Focus:**

- Protein
- Mobility
- Fall prevention



# SIX PILLARS OF BRAIN HEALTH

## LIFESTYLE CHOICES AFFECT THE BRAIN AND BODY



### 1. Physical Exercise

Regular movement boosts blood flow and supports memory and mood.



### 2. Food & Nutrition

A balanced, brain-healthy diet fuels focus and long-term cognition.



### 3. Medical Health

Managing blood pressure, sleep, and regular checkups protects the brain.



### 4. Sleep & Relaxation

Quality rest clears toxins and consolidates memory and learning.



### 5. Mental Fitness

Lifelong learning and new challenges build cognitive reserve.



### 6. Social Interaction

Staying connected lowers stress and strengthens resilience.

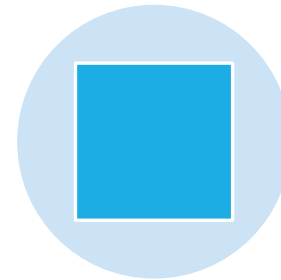
# 1. PHYSICAL EXERCISE



INCREASES BLOOD FLOW, OXYGEN, AND NUTRIENTS TO THE BRAIN. PRODUCES BRAIN DERIVED NEUROTROPHIC FACTOR (BDNF), HELPING BRAIN CELLS GROW AND CONNECT. REDUCES RISK OF STROKE, DEPRESSION, AND COGNITIVE DECLINE.



LOWERS BLOOD PRESSURE, IMPROVES BLOOD SUGAR CONTROL, REDUCES INFLAMMATION, PRESERVES MUSCLE AND BALANCE, AND SUPPORTS HEALTHY AGING.



Move daily and strength train twice weekly.



The brain uses about 20% of the body's energy. It requires healthy fats, protein, vitamins, minerals, and glucose.



Omega-3 fats support brain cell membranes. Stable blood sugar improves focus. Anti-inflammatory foods may reduce dementia and stroke risk.



Stay hydrated: Regular water and limited caffeine help keep your mind clear and calm



Balanced meals with whole foods steady mood and focus through the day



Eat:

- Vegetables
- Fruit
- Lean protein
- Whole grains
- Healthy fats

## 2. FOOD & NUTRITION

# 3. MEDICAL HEALTH

Healthy blood vessels are critical for brain health. Hypertension and diabetes can damage the brain over time.

High blood pressure increases stroke risk. Diabetes damages blood vessels and nerves. Untreated hearing loss is associated with cognitive decline.



## 4. STRESS & RELAXATION

Chronic stress increases cortisol. Excess cortisol may impair memory and increase inflammation.

### **Protect your sleep**

Keep a consistent schedule and wind down without screens before bed.

### **Recognize your triggers**

Notice the situations, thoughts, and body signals that flag rising stress.

### **Use quick resets**

Deep breathing, short walks, and brief breaks calm the nervous system in minutes.

### **Build steady routines**

Regular exercise, clear boundaries, and downtime lower your baseline stress.

### **Practice Meditation**

ease anxiety, sharpen focus, and improve sleep.

# 5. MENTAL FITNESS

The brain changes throughout life through neuroplasticity. Learning creates new neural connections.

Activities such as Reading, puzzles, learning a language, music, technology skills, and strategy games can help

**Positive relationships stimulate:**

- dopamine
- serotonin
- oxytocin

**Social connection improves resilience and emotional health.****Loneliness is associated with**

- depression
- higher blood pressure
- dementia risk
- poorer health outcomes

**Build your circle**

Shared interests and community groups create new, supportive bonds

**Reach out often**

Regular check-ins with friends and family ease loneliness and stress.

**Give and accept support**

Offering help and leaning on others both strengthen connection.



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# 6. SOCIAL INTERACTION

# HOW THE SIX PILLARS WORK TOGETHER

Exercise supplies  
blood flow.

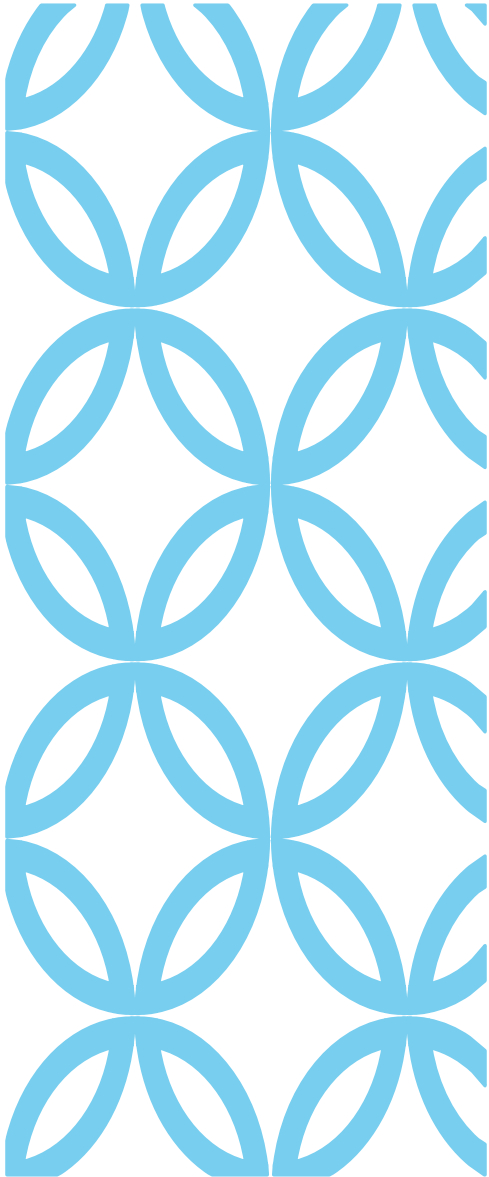
Nutrition supplies  
fuel.

Medical health  
protects  
circulation.

Sleep repairs.

Mental fitness  
builds pathways.

Social interaction  
strengthens  
health.



Modifiable:

- Diet
- Exercise
- Sleep
- Smoking
- Alcohol
- Stress

Non-modifiable:

- Age
- Genetics
- Family history

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**WHAT CAN YOU CONTROL?**

# HEALTH SCREENINGS BY AGE

20s–30s: BP, cholesterol  
if indicated

40s–50s: Diabetes, colon  
cancer, breast/prostate  
discussions

65+: Vision, hearing,  
bone density, fall risk

# HEALTHY HABITS THAT ADD HEALTHY YEARS

- Don't smoke
- Maintain healthy weight
- Sleep well
- Stay socially connected
- Keep learning
- See your healthcare provider regularly



# 30-DAY BRAIN HEALTH CHALLENGE

CHOOSE ONE  
IMPROVEMENT IN  
EACH PILLAR AND  
TRACK PROGRESS FOR  
30 DAYS

# ADDITIONAL STEPS

## **Talk to a professional**

Therapists and counselors offer tools tailored to your needs.

## **Use helplines**

Free, confidential support lines are available any time you need them.

## **Explore self-help tools**

Apps, books, and online programs reinforce healthy daily habits.

# RESOURCES

Trusted sources:

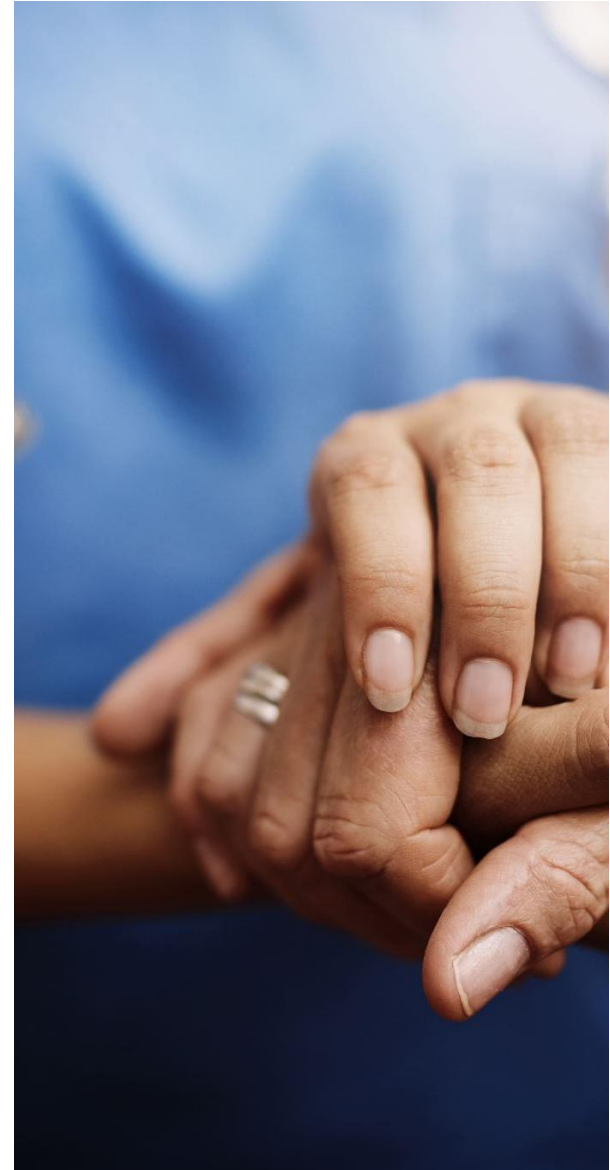
[Center For Disease Control \(CDC\)](#)

[National Institute of Health \(NIH\)](#)

[American Heart Association](#)

[Alzheimer's Association](#)

[USDA MyPlate](#)



# ABOUT THE DOCUMENT

The Thriving Solo series was developed from a passion for helping individuals thrive in every stage of life. Drawing from personal experiences, years of research, professional development, faith-based study, and a commitment to lifelong learning, the author seeks to provide practical, encouraging, and easy-to-understand information on finances, nutrition, exercise, health, and spirituality.

Recognizing that single adults often face unique opportunities and challenges, these resources are designed to help readers build confidence, make informed decisions, strengthen relationships, improve overall well-being, and live with greater purpose.

The goal of Thriving Solo is not simply to share information, but to inspire growth, wisdom, resilience, and meaningful connections. Through education, discussion, and practical action steps, readers are encouraged to develop a balanced life that supports financial stability, physical health, emotional wellness, intellectual growth, social engagement, and spiritual development.

The author believes that every stage of life presents opportunities to learn, contribute, and flourish. Whether you are single by choice, circumstance, divorce, widowhood, or simply navigating a new season of life, this material was created to encourage and equip you for the journey ahead.

For additional resources, workshops, and educational materials, visit the Thriving Solo website and community platform.