

Senior Health Maintenance Instructions

Dear [Recipient's Name],

As part of your ongoing health care plan, please follow the instructions below to maintain your health:

1. Regular Check-ups

Schedule and attend your annual health check-up with your primary care physician to monitor your overall health.

2. Medication Management

Take your medications as prescribed. Keep a record of all medications you are taking and discuss any changes with your doctor.

3. Healthy Diet

Follow a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods and sugars.

4. Physical Activity

Engage in at least 30 minutes of moderate exercise, such as walking or swimming, at least 5 days a week.

5. Mental Health

Participate in activities that promote mental stimulation, such as reading, puzzles, or social gatherings.

6. Stay Hydrated

Drink plenty of water throughout the day to stay hydrated.

7. Sleep Hygiene

Aim for 7-9 hours of quality sleep each night. Establish a regular sleep routine.

If you have any questions or need further assistance, please do not hesitate to contact our office.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]