Closing the Gap
Lifespan vs Healthspan

Jim Norman PT 10/15/2026

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Successful Aging



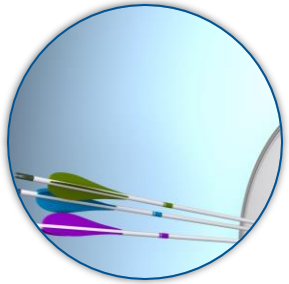
Maintain physical health

Do things you can control



Keep your mind engaged

Do stimulating activities



Share your wishes and goals

Know what you want life to look like

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Maintain physical health

- Avoid tobacco
- Limit alcohol and other substances
- Exercise regularly – aerobic, balance and resistance
- Eat a healthy diet
- Maintain healthy weight
- Get enough sleep – good routines
- Practice stress management
- Regular check ups
- Eye care
- Good footwear
- Use assistive devices as needed

Keep your mind engaged

- Participate in hobbies that interest you
- Try new hobbies and build new skills
- Stay physically active
- Read
- Engage in church or other interest groups like book clubs
- Do puzzles – jigsaw, wordle, crossword
- Enjoy music or theater
- Tutor students
- Keep an active social life
- Discuss how meds may help or hinder your mental function

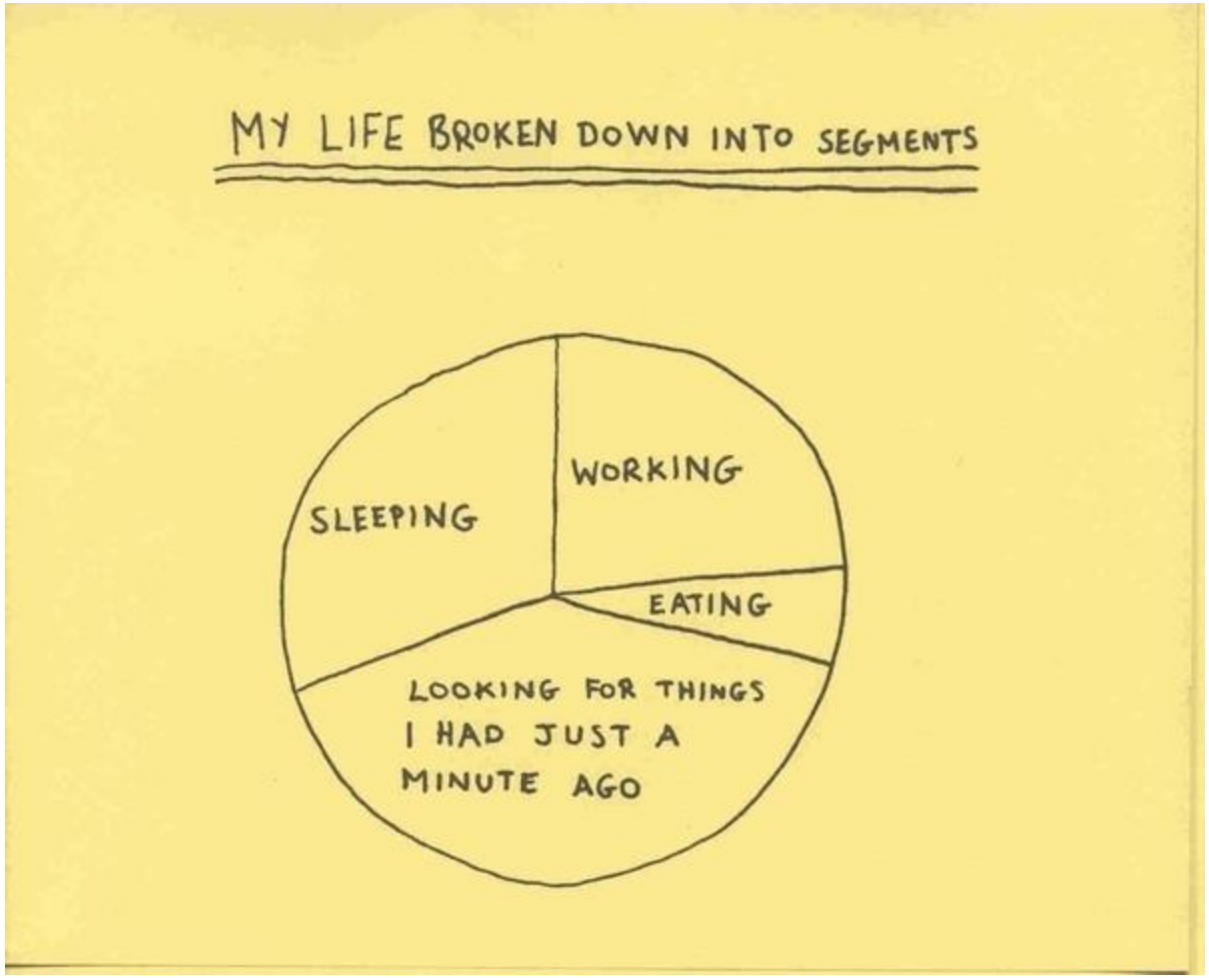
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Share your wishes and goals

- Age at home
- Future living arrangements
- Caregiver wish list
- Care goals
- Create advance directive
- Power of attorney
- Have will prepared
- Express your wishes for if you have cognitive issues

Total joint replacement rehab success

- Buckle up
- Get needed equipment
- Use pain management
- Don't abuse pain management
- Get out to PT as soon as you can
- Get back to living normally as soon as you can
- Don't compare yourself to others
- Put in the work



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Questions?