

The Ultimate Healthy Aging Checklist: A Science-Based Guide for Adults 40+

Your Roadmap to Thriving After 40



1. Nutrition

Daily

- ☐ Eat 25–35g of protein at each meal
- ☐ Eat at least 5 servings of colorful fruits and vegetables
- ☐ Include healthy fats (olive oil, nuts, avocado, fatty fish)
- ☐ Choose mostly whole, minimally processed foods
- ☐ Drink enough water (about half your body weight in ounces is a common starting point, adjusted for activity and climate)
- ☐ Limit added sugars
- ☐ Limit ultra-processed foods



2. Muscle & Bone Health

Weekly

- ☐ Strength train at least 2–3 times
- ☐ Walk 7,000–10,000 steps most days
- ☐ Include balance exercises
- ☐ Stretch or perform mobility work
- ☐ Perform one power movement (sit-to-stands, stair climbing, etc.)



3. Metabolic Health

- ☐ Maintain a healthy waist circumference
- ☐ Monitor blood pressure
- ☐ Know your fasting glucose or A1C
- ☐ Know your cholesterol numbers
- ☐ Keep triglycerides in a healthy range
- ☐ Maintain healthy body composition (muscle over fat)



4. Sleep

- ☐ Sleep 7–9 hours
- ☐ Wake feeling rested most mornings

- ☐ Keep a consistent bedtime
- ☐ Reduce screen time before bed
- ☐ Get morning sunlight



5. Brain Health

- ☐ Read or learn something new
- ☐ Challenge your brain
- ☐ Stay socially connected
- ☐ Practice gratitude
- ☐ Spend time outdoors



6. Heart Health

- ☐ Exercise at least 150 minutes weekly
- ☐ Avoid smoking
- ☐ Limit alcohol
- ☐ Manage blood pressure
- ☐ Know your family history



7. Emotional Well-Being

- ☐ Practice gratitude
- ☐ Spend time with family or friends
- ☐ Laugh every day
- ☐ Spend time doing hobbies
- ☐ Manage stress
- ☐ Ask for help when needed



8. Hormone & Healthy Aging

- ☐ Discuss hormone changes with your healthcare provider if symptoms are affecting your quality of life
- ☐ Prioritize resistance training
- ☐ Eat enough protein
- ☐ Support healthy vitamin D levels
- ☐ Review medications annually



9. Preventive Healthcare

Annual

- ☐ Physical exam
- ☐ Blood work
- ☐ Eye exam

- ☐ Dental cleaning
- ☐ Skin cancer screening
- ☐ Mammogram (if appropriate)
- ☐ Cervical cancer screening (if appropriate)
- ☐ Colon cancer screening (as recommended)
- ☐ Bone density scan (when appropriate)
- ☐ Vaccinations up to date



10. Healthy Skin

- ☐ Wear sunscreen SPF 30+
- ☐ Moisturize daily
- ☐ Use a retinoid if appropriate
- ☐ Wear sunglasses
- ☐ Stay hydrated



11. Healthy Aging Habits

- ☐ Don't smoke
- ☐ Maintain a healthy weight
- ☐ Lift something heavy every week
- ☐ Eat enough protein
- ☐ Stay curious
- ☐ Continue learning
- ☐ Have purpose
- ☐ Keep meaningful relationships
- ☐ Enjoy life



Know Your Numbers

Write these down and update them each year:

- Weight: _____
- Waist circumference: _____
- Blood pressure: _____
- Resting heart rate: _____
- A1C: _____
- Fasting glucose: _____
- Total cholesterol: _____
- LDL-C: _____
- HDL-C: _____
- Triglycerides: _____
- Vitamin D: _____
- Muscle mass (if measured): _____

★ Daily Healthy Aging Score

Give yourself one point for each completed habit.

- ☐ Protein at every meal
- ☐ Fruits & vegetables
- ☐ Exercise
- ☐ Walk
- ☐ Water
- ☐ Sleep
- ☐ Gratitude
- ☐ Stress management
- ☐ Learning
- ☐ Social connection

Daily Score: ____ / 10

Healthy Aging Lab Tracker

Suggested biomarkers include:

- A1C
- Fasting insulin (if ordered)
- ApoB
- LDL-C
- HDL-C
- Triglycerides
- hs-CRP
- Blood pressure
- Vitamin D
- Ferritin (when appropriate)
- Vitamin B12 (when appropriate)
- Thyroid function (if indicated)
- Body fat percentage
- Grip strength (a simple marker associated with healthy aging)
- VO₂ max estimate or cardiovascular fitness measure

- **Methylation+ Genetic Test**

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