



# DR. BANSAL'S MID-LIFE GUIDE TO STAYING STRONG AND HEALTHY

## 1. NOURISH YOUR BODY

- Increase protein intake, ideally from plant-based foods or lean meats. Aim for daily protein intake of at least 1-1.2 g/kg/day.
- Eat foods rich in calcium/vitamin D to prevent bone loss like dairy products (yogurt, cheese), leafy greens (kale, spinach), fish and nuts.

## 2. MOVE YOUR BODY DAILY

- Try brisk walking, 30 minutes daily, 5 days a week.
- Engage in strength training (using weights or resistance bands) 2-3 times per week to maintain muscle and bone strength.

## 3. BE AWARE

- As you go through mid-life, your body experiences hormonal changes that can lead to symptoms like hot flashes, sweats, mood disturbances, changes in sexual function. These can impact the quality of your life but there are treatment options available. Do not hesitate to consult your doctor.

## 4. PRIORITIZE PREVENTIVE HEALTH

- To avoid potential long-term health risks, schedule annual wellness visit with your PCP to stay on top of screenings and immunizations.

## 5. BUILD YOUR SOCIAL NETWORK

- Connect with friends, family or community groups.
- Seek care from clinicians who listen and empower you.

*Your Mid-Life is a Time of Strength, Wisdom & Renewal. Let's Make It Healthy.*  
-Dr. Rachita Bansal

