



WebMD[®]

REAL STORIES

HEALTHY LIVING

LIVING WELL

TV HOST

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LAKSHMI**

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honoring her body, and
inviting joy

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Cover Image: Photography by Eric Hobbs; Hair by Josué Perez; Makeup by Nick Barose; Styling by Laura Mazza-Hobbs; Contents Image: Photography by Charity Burggraaf

THE LATEST ON HEALTHY LIVING 50+

HOW YOUR BODY AGES

Biological changes linked to aging do not happen gradually; instead, they speed up around the mid-40s and again by the age of 60, placing adults in their 50s between two major shifts. The study, which included U.S. adults from diverse backgrounds, found that markers related to immunity, metabolism, heart health, and kidney function showed stronger age-related changes during this stage. These findings suggest that as several body systems begin to change more noticeably during this period, staying attentive to overall health with routine checkups becomes especially important.

SOURCE: *Nature Aging*

50 Age after which adults face a higher risk for shingles and related complications.

SOURCE: CDC

\$860 BILLION

How much adults 50 and older spend on health care each year in the U.S.

SOURCE: CDC

ARE YOU AT RISK?

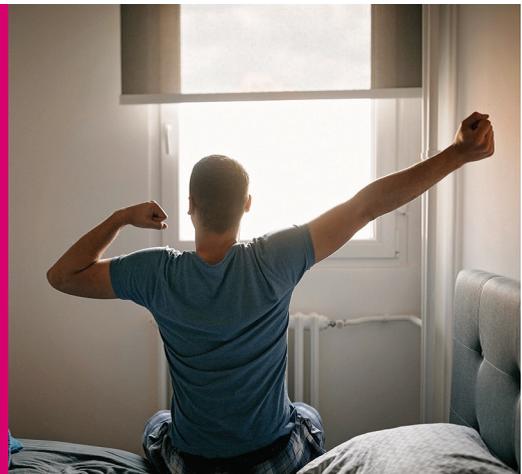
Shingles is a painful infection that can cause a blistering rash and, for some, months of nerve pain. A large study of more than 38 million adults in the U.S. found that shingles was most common in older adults, women, and those with weakened immune systems, showing how strongly age and health influence risk. Despite this, only about 9% of those age 50 or older had completed the recommended shingles vaccination, leaving most unprotected. These low vaccination numbers emphasize the importance of knowing your personal risk and talking to your health care provider about ways to stay protected.

SOURCE: *Open Forum Infectious Diseases*

HABITS THAT SUPPORT LONGEVITY

Most people reach midlife without realizing how strongly their everyday habits shape their future well-being. In a U.S. study of 5,448 adults, those who did not practice a healthy lifestyle such as not smoking, getting enough sleep, eating well, staying active, and minimizing extended periods of sitting were less likely to live longer over the years. The findings show that adults who followed more of these practices, particularly those between the ages of 45 to 59, benefited the most. Beginning these routines early and keeping them up can help you build a longer, healthier life ahead.

SOURCE: *Archives of Gerontology and Geriatrics*



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STATS & FACTS

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

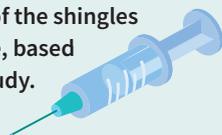
39%

Amount of adults ages 45 to 64 reporting insufficient sleep (less than seven hours per night).



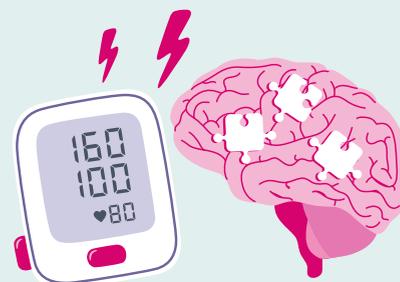
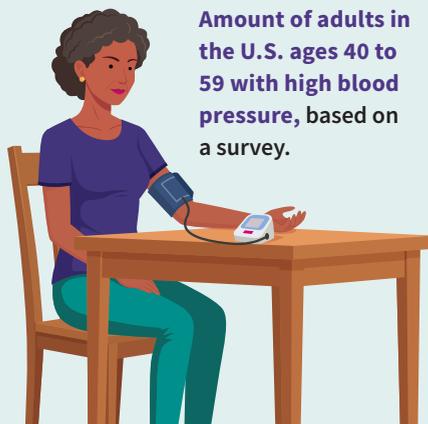
27%

Amount of reduced risk for serious memory problems (dementia) seen in adults age 50 and older who received at least two doses of the shingles vaccine, based on a study.



Up to 53%

Amount of adults in the U.S. ages 40 to 59 with high blood pressure, based on a survey.

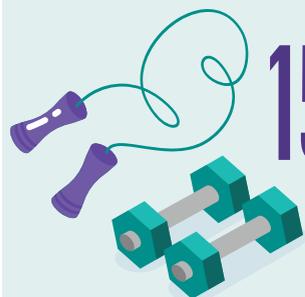


40 to 60

Age range when having high blood pressure is linked to a higher risk for cognitive decline later in life.

About 1 million

Number of people who get shingles each year in the U.S.



150 minutes

Recommended duration of moderate-intensity exercises for older adults each week.

29%

Amount of adults in the U.S. ages 50 to 64 who have been diagnosed with arthritis, a condition that causes painful, stiff joints, based on a 2022 survey.



SOURCES: National Institute on Aging, National Foundation for Infectious Diseases, CDC, *Nature Medicine*, NCHS Data Brief

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Whatever you're
looking forward to,

SHINGLES
DOESN'T
CARE

Over 50 years of age? There's so much to look forward to — weddings, vacations, time with grandkids. But shingles doesn't care about any of it. The painful, blistering rash can disrupt your life for weeks and could cause you to miss out on some of life's best moments.

What is SHINGRIX?

SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster) in adults 50 years and older.

SHINGRIX is not used to prevent chickenpox.

IMPORTANT SAFETY INFORMATION

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX
- An increased risk of Guillain-Barré syndrome (severe muscle weakness) was observed after vaccination with SHINGRIX
- Fainting can happen after getting injectable vaccines, including SHINGRIX. Precautions should be taken to avoid falling and injury due to fainting

- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach
- SHINGRIX was not studied in pregnant or nursing women. Tell your healthcare provider if you are pregnant, plan to become pregnant, or are breastfeeding
- Vaccination with SHINGRIX may not protect all individuals
- Ask your healthcare provider about the risks and benefits of SHINGRIX. Only a healthcare provider can decide if SHINGRIX is right for you

Shingles doesn't care
But SHINGRIX protects.

SHINGRIX was proven over 90% effective at preventing shingles in adults 50 years or older in clinical trials.

99% of people 50 years of age or older have the virus that causes shingles inside of them and it can reactivate at any time, causing a painful rash that can last for weeks.

Furthermore, 1 in 3 people will develop shingles in their lifetime. The risk of the virus reactivating sharply increases after 50 years of age.

In addition to age, you may also be at a greater risk of shingles if you have underlying health conditions such as heart disease, diabetes, COPD, or asthma.

**Start the conversation with your
doctor about vaccination with
SHINGRIX today.**

You are encouraged to report vaccine adverse events to the US Department of Health and Human Services.

Visit www.vaers.hhs.gov to file a report or call 1-800-822-7967. You may also file a report with GSK at <https://gsk.public.reportum.com> or 1-888-825-5249.

Please see Important Facts About SHINGRIX inside back cover.



WHAT DOES HEALTHY LIVING LOOK LIKE?

Once you cross 50, make sure you're doing all you can to keep your body going through the decades to come

By Sonya Collins

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

If you want to stay healthy at 50 and beyond, look at your body like it's a machine, says Shawna Nesbitt, MD, an internist at UT Southwestern Comprehensive Heart and Vascular Center in Dallas. "It will need maintenance, just like any other mechanical device."

Here's what care and maintenance of your body must involve as you reach 50 and beyond.

BE A LIFELONG LEARNER

To keep your brain in top condition, Nesbitt says, "We need to continue to use our capacity to learn." Learning shouldn't be just for young people, she stresses. Continue to read, explore your curiosities, master new skills, take classes, become an expert in new topics.

MOVE ANY WAY YOU CAN

Your brain, your heart, your muscles, and bones all need exercise to survive. "It can be done outside, inside, in your bedroom, kitchen, climbing the stairs, or in front of the TV, but it needs to add up to 150 minutes a week," Nesbitt says.

Exercise keeps your heart strong and your brain sharp. It also keeps bones and muscles strong. Those muscles are more crucial than you may think. "Your muscles help prevent you from falling, breaking a bone, and causing a lot of other things to go wrong."



ADD FRUITS AND VEGETABLES

Sneak more whole fruits and vegetables into every meal. A smoothie might do the trick. "It's an easy way to get four to five more vegetables in a day without trying too hard," Nesbitt says. "It can replace your breakfast or lunch."

Getting more of your daily calories from whole vegetables and fruits is good for your heart, your brain, and your GI tract.

KEEP AN EYE ON YOUR NUMBERS

Know your blood pressure, cholesterol, and weight, Nesbitt says. These are good indicators of your overall health. If any one of these is higher than it should be, get clear instructions from your doctor on how to lower them and follow those recommendations closely.

looking to
STAY WELL
 every day



Fuel Your Body with Good for You Ingredients



ECHINACEA

Beautiful flower traditionally thought to help your body's defenses

LEMONGRASS

Tasty herb commonly thought to be a supportive hand to your overall health



ROSE HIPS

Tart and tasty herb commonly used to help support your well-being

ELDERFLOWERS

Light colored flower traditionally considered to help support a healthy lifestyle



BIGELOW
 BENEFITS

Redefining Wellness
 EVERY DAY

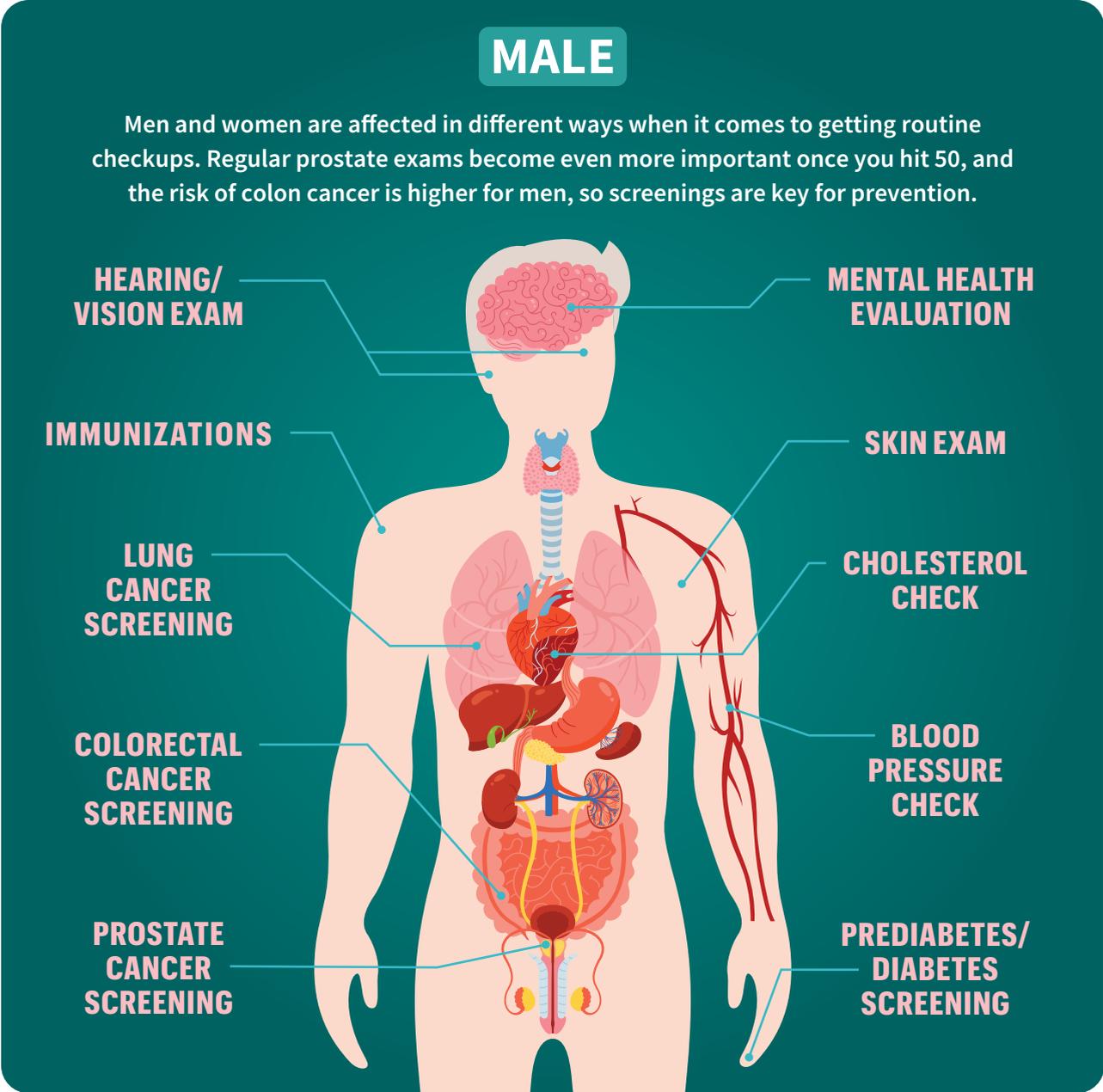
HEALTH SCREENINGS 50+

Personalize your screening schedule with your doctor

By Rachel Reiff Ellis Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

MALE

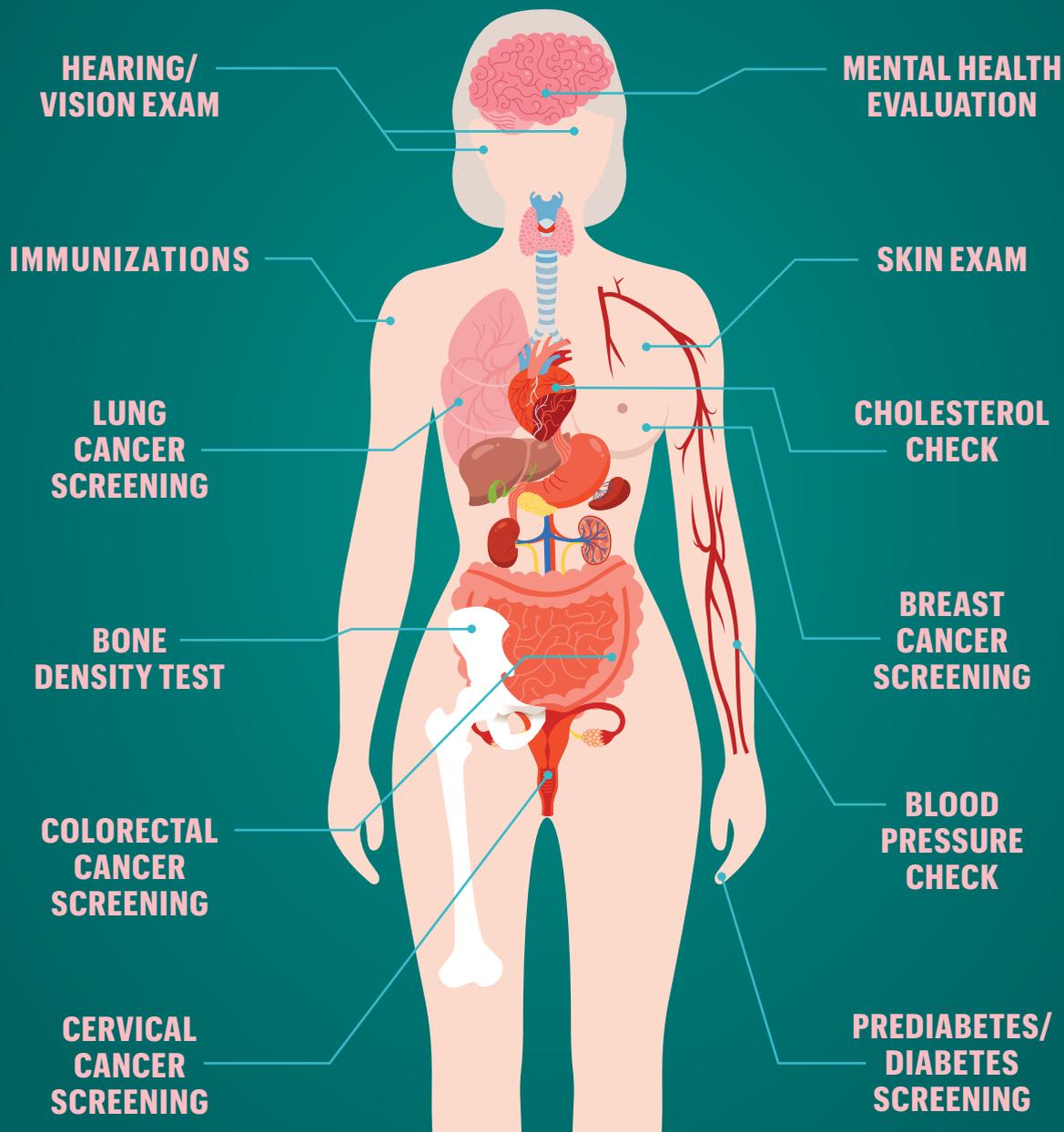
Men and women are affected in different ways when it comes to getting routine checkups. Regular prostate exams become even more important once you hit 50, and the risk of colon cancer is higher for men, so screenings are key for prevention.



MAN AND WOMAN ILLUSTRATIONS: NELIAKOTT/VIA GETTY IMAGES; FREEPIK.COM

FEMALE

As women age, the hormonal changes during menopause can negatively impact overall health, especially bone health, which make health screenings—including bone density tests—vital for preventing osteoporosis.



SOURCES: National Institute on Aging: "Prostate Problems"; American Cancer Society: "Key Statistics for Colorectal Cancer"; Columbia University: "When Should I Get a Bone Density Test?"

PREVENTIVE CARE

Here's how I am striving to prevent chronic disease and frailty as I grow older

By Caroline Messer, MD Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Preventive care is making sure—through healthy habits—that we don't develop medical issues down the line. And I do all these things myself as an endocrinologist and founder of Well by Messer, a metabolic health and weight loss clinic in New York City. So what are those healthy habits?

PLAY HARD

Regular exercise. Patients tell me all the time, "I walk regularly," but unless you're 90 years old, that's not enough. It's got to be some combination of strength training and aerobic exercise. I play basketball once a week, tennis twice a week, ultimate frisbee once or twice a week, and I lift weights once a week. People may wonder how I find the time between my medical practice and my four kids. I don't watch much TV or spend a lot of time on my phone. I think these other things are more important and more fun—more of what life is about.

STAY CONNECTED

Workouts are my social time, too. I play ultimate frisbee with my 81-year-old dad once a week. I play basketball with my best friend every week. I play tennis with my kids. Exercise doesn't have to be a solo experience.

EAT HEALTHY

A way to model healthy eating for your kids, and keep eating healthy yourself, is to cook at home. It's a dying art,

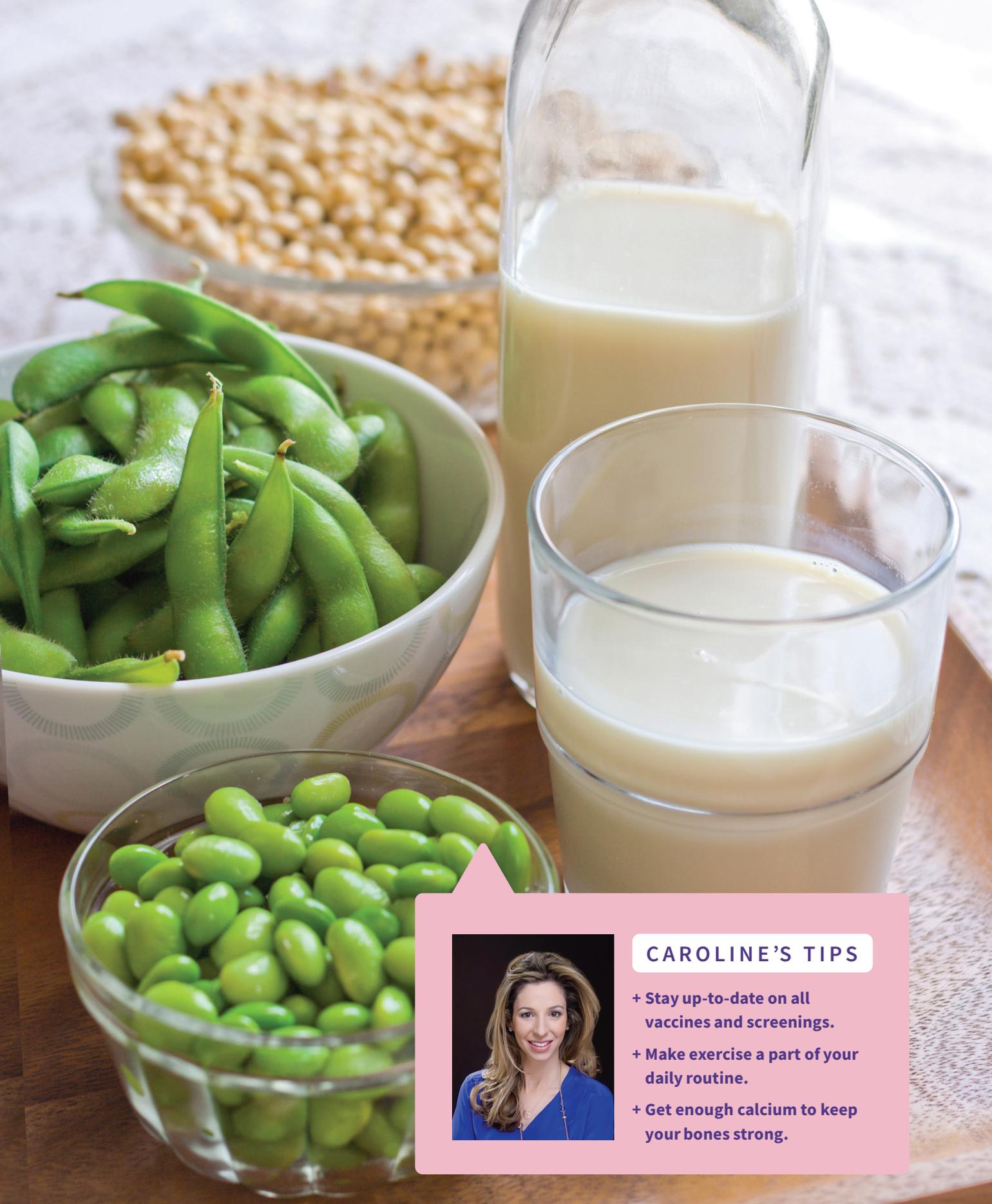
but I just love it. My kids have grown up with the family putting on music and cooking together on the weekends. I think family dinners are important. I know it's easier said than done. Some people are working late and can't keep the kids up late for dinner. But even if you do it just one night a week, you're sitting down together, appreciating what you're eating—the taste, the colors, the quality of the food—and you're not rushing through it.

KEEP UP-TO-DATE ON SCREENINGS AND VACCINES

It doesn't matter how busy you are—you have to stay on top of all age-recommended screenings and vaccines. I'm very much up-to-date on those. If you're 40 and up, you have to do your mammogram annually. If you're 45 and up, you have to do your colonoscopy. At 50, you need a shingles vaccine.

PROTECT YOUR BONES

What I'm most aware of at this time in my life is the risk of osteoporosis. They say you should get your first bone density scan at 65. But women need the test in perimenopause, as soon as your periods start to become irregular. Make sure you're getting enough calcium and weight-bearing exercise. That's not weight *lifting*. It's exercise that requires you to carry your own weight. So, not swimming, cycling, or using the elliptical. It's running, dancing, tennis, and more.



CAROLINE'S TIPS

- + Stay up-to-date on all vaccines and screenings.
- + Make exercise a part of your daily routine.
- + Get enough calcium to keep your bones strong.

VACCINES FOR VIBRANT LIVING

Make sure you're up-to-date on all of yours

By Sonya Collins

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Vaccines are your best protection against many preventable infections throughout your lifetime. In fact, you may need them even more as you get older.

“As we age and end up with chronic illnesses, as our immune system is busy trying to compensate for those, it can make us more susceptible to other viruses,” says Jacinda Abdul-Mutakabbir, PharmD, MPH, associate professor at UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences.

Here's a look at the vaccines you may be due for now and in the coming years.

CHILDHOOD VACCINE SERIES CATCH-UP

If you didn't get all of the vaccines recommended for infants and children, such as the MMR (measles, mumps, rubella) and the polio vaccine, you can still protect yourself against those diseases now.

“We still see cases of measles and polio, even in the U.S., so it's important to complete all your childhood vaccines,” says Ashley Drews, MD, an internist specializing in infectious diseases at Houston Methodist in Texas.

FAQs ABOUT ADULT VACCINES

Q: If I wait more than six months to get the second dose of the shingles vaccine, do I have to start all over?

A: No, the first one still counts. It's never too late to get the second dose.

Q: Can I get the COVID, flu, and RSV shots all at once?

A: Yes, it's safe to do so, but some people feel a little sick after all three.



FIZKES/VIA GETTY IMAGES



HOW DO I KNOW?

Not sure which vaccines you've already had? These resources may help:

- + Your electronic health record
- + State databases called Immunization Information Systems (IIS)
- + Your parents
- + Past schools, colleges, employers

TDAP BOOSTER

Most people get their first Tdap vaccine as children, but you need a booster every 10 years throughout life. It protects against tetanus, diphtheria, and pertussis (whooping cough).

SHINGLES VACCINE

This two-dose vaccine is recommended for all healthy adults age 50 and up. Anyone who has had chickenpox may develop shingles later in life. What starts as a painful rash can lead to long-term chronic pain. “Even when you have a mild case, after the rash resolves, you could have burning, stinging pain long after the rash is gone,” Drews says.

PNEUMOCOCCAL VACCINE

Adults 50 and over should get one of these vaccines. It protects against many types of bacteria that can cause pneumonia and meningitis.

FLU SHOT

Almost everyone over 6 months old is encouraged to get an annual flu shot by the end of October. Even if you didn't prioritize it as a young adult, Abdul-Mutakabbir says, “You want to give your immune system that extra support now.” The older you get, the greater your risk for severe illness from the flu.

COVID VACCINE

Almost everyone over 6 months old is eligible for an annual COVID vaccine to prevent serious illness, hospitalization, and death from the virus. It's best to get this one before the start of cold and flu season.

RSV

This vaccine is for all adults age 75 and up and, according to most guidelines, immunocompromised adults age 50 and up. It protects against severe illness from respiratory syncytial virus, which is more common in older adults. RSV spreads in cold and flu season.

At 55,
PADMA LAKSHMI
knows herself—
she's intentional about
prioritizing connection,
nourishing her body,
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SAVORING *THE* JOURNEY

By Rachel Reiff Ellis

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

Threaded through the illustrious career Padma Lakshmi has built as an Emmy-nominated TV host, food expert, author, activist, actor, and model is a theme of curiosity. Whether showcasing culinary artistry of the country's most decorated chefs on her new CBS show *America's Culinary Cup* or chronicling the diversity of American cuisine through the lens of immigrant and Indigenous communities in her recent cookbook *Padma's All American*, her goal remains the same: relationship.



“I’m always trying to connect—with the viewer, with the reader, with the person in front of me,” she says. “When I discover something delicious, my first instinct is to share it with others.”

This desire to explore food, culture, and connection drives her creative pursuits. *Padma’s All American* was born from her 2020-2023 show *Taste the Nation*, which sought answers to the questions, “What is our food emblematic of? What does it say about a given set of people?”

“And I’m infinitely interested in that,” says Lakshmi. “I think we all are. I think we tell ourselves stories so that we know who we are.”

At 55, Lakshmi is also invested in connecting with herself. Aging well isn’t about rigid rules or perfection, she says. It’s about listening closely to your body, honoring its changes, and finding balance in how you eat, move, work, and rest.

TELLING STORIES THROUGH FOOD

Despite rising to modeling fame during the 1990s when “thin was in,” Lakshmi says she has never felt conflicted about her deep and abiding affection for food.

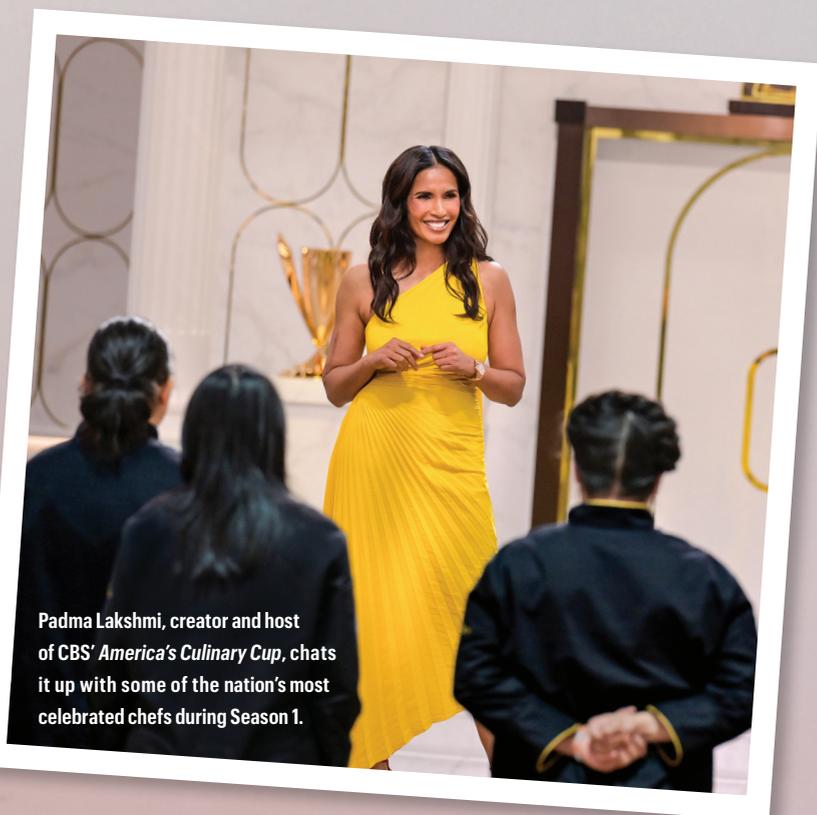
“I did not have a fraught relationship with food,” she says. “I’ve always loved eating. My mom instilled that value in me. From her I learned the joy of trying new things and learning how to cook new recipes and sharing recipes with others. Food is how most parents transmit their cultural background to their children.”

It wasn’t until her late 20s, after gaining weight for a film role and needing to lose it again, that she first began consciously connecting food and weight. Her earliest cookbooks emerged during that period, shaped in part by the conventional nutrition wisdom of the time.

“Back then, we thought fat was bad,” she says. Her first cookbook, *Easy Exotic: A Model’s Low-Fat Recipes from Around the World*, was focused on low-fat recipes complete with calorie and nutrition counts. But Lakshmi says she never thought she’d have a career in food, even after that first foray into the cookbook world.

Soon after, though, came *Padma’s Passport*, a Food Network show where Lakshmi cooked recipes from around the world. And then in 2006, she began a 17-year stint as host and judge of *Top Chef*.

PHOTOGRAPHY BY JACKIE BROWN/CBS



Padma Lakshmi, creator and host of CBS’ *America’s Culinary Cup*, chats it up with some of the nation’s most celebrated chefs during Season 1.



(Top): Padma Lakshmi (far right) cooking pakori with her mom, Vijaya Lakshmi, and daughter Krishna Thea Lakshmi-Dell in 2019.



(Bottom): Padma and Krishna savoring a tasteful spread of some of their favorite dishes, including dosas and podimas.

Food became the foundation of many of her most successful ventures. But in 2023, she stepped away from culinary competition shows citing burnout. When she decided to return in 2025, it was with clarity about what she wanted from the experience.

“I really had a couple of years to think about what I would do if I went back to the genre,” she says. “Now with *Culinary Cup* I’m excited about people just watching the pure unadulterated pursuit of excellence.”

The show is intentionally stripped down to the basics. Instead of gimmicks and manufactured drama, the focus is on what Padma likes best: storytelling through culinary artistry.

“It’s really about the chef and the food that they want to create,” Lakshmi says. “We’re not putting any obstacles there. We’re giving them all the resources.”

PADMA’S RECIPE FOR PREVENTION

At 36, the same year she began *Top Chef*, Lakshmi was diagnosed with endometriosis, a painful condition where uterine cells grow

outside the uterus. She'd lived with symptoms for years before doctors correctly diagnosed her. The experience fueled a desire to raise awareness for the condition, and in 2009, she co-founded the Endometriosis Foundation of America, an organization dedicated to combating endometriosis through advocacy, targeted research, and education.

She credits her experience with endometriosis with fundamentally changing how she approaches her health as she ages. After years of pain and delayed diagnosis, she no longer assumes someone else will guide her care. She believes in taking the reins of your own health.

"I learned the hard way that you can't take your health for granted," she says. "You have to really be the person in charge of it."

Lakshmi says she stays on top of recommended screenings and vaccines. She got her shingles shot at 50 and schedules mammograms. "I get ultrasounds. I do all the things that you're supposed to do," she says. "I just don't want to have any surprises."

Equally important to Lakshmi's approach to healthy aging is moving and nourishing the body she's been given.

Rather than viewing workouts and healthy eating as something she has to do, she sees them as a luxury. She acknowledges that time, resources, and access are a privilege not everyone has, but believes mindset can make a huge difference.

"During book tours, for example, I don't get a chance to eat a lot of home-cooked meals, so I make sure to eat a lot of vegetables," Lakshmi says. And as soon as she gets access to a kitchen, she's back to her favorites, like a homemade ribollita, a hearty Tuscan soup she makes from scratch.

And she prioritizes moving, with cardio like boxing or jump rope and strength training with Pilates, calisthenics, and weights. It's as good for her mental health as it is for her physique.

"I love to exercise," she says. "It's also great for my mind. It's my self-care. It's when I can just be by myself and listen to a podcast or music, and nobody can bug me. It's a reset."

LOOKING FORWARD WITH GRATITUDE

Lakshmi remembers what it felt like to be young and learning her way through the world—and as a mother of a

"I learned the hard way that you can't take your health for granted. You have to really be the person in charge of it."

—Padma Lakshmi

16-year-old, she has a front row seat to her daughter's own coming of age—but now feels firmly rooted in who she is.

"At 55, I feel like I've arrived," she says. "I know myself better than ever."

If she could speak to her younger self, she says she would start with gratitude for her grit and stamina.

"I'd say, 'Thank you for doing all the groundwork that allows me to have the life I have now,'" she says. "Don't worry. You'll get there—but it's going to take a long time. So take it easy on yourself."

Despite a demanding schedule, Lakshmi is intentional about what she wants next: more balance, more presence, and fewer moments lost to autopilot.

"I hope I'm not working this hard in 10 or 15 years," she says. "I hope I have time to smell the roses a little bit more and enjoy my life."

For Lakshmi, healthy aging isn't about slowing down to a stop. It's about choosing where your energy goes, nourishing your body, moving because it feels good, and allowing room for joy, rest, and connection.

PADMA'S TIPS

How to nourish your body well after 50.

+ Lean toward lighter fare.

Meals don't have to be heavy to be delicious. You can do a lot with lentils, beans, rice, vegetables, fruits, chicken, and fish—and spices.



+ Honor your cravings (with balance).

Sometimes what my body wants is grilled cheese and fries, so that's what I give it. Then I gravitate back toward veggie-heavy, fiber-filled fare.



+ Up your protein and water.

 I drink about 3 liters of water a day and focus on protein to support strong muscles.

I FOUND MY BEST PHYSICAL FITNESS IN MY 50s AND 60s

With the right routine, you'll feel better both physically and mentally

By Liz Hilliard Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

When I was younger, I was an athlete. I played basketball in school. But I couldn't find workouts that I enjoyed and would stick with. Consistency is such a key thing when it comes to maintaining your physical fitness. As I aged, I found Pilates helpful. In my mid- to late-40s, I became certified in Pilates. But as I entered my 50s, I noticed my body was changing. I needed to do something more.

FINDING STRENGTH

I hired a personal trainer for strength training, and everything started to change for the better. It was the combination of the two—Pilates and strength training—that worked for me. When I put together what I knew about Pilates and what I was learning about strength training, it made all the difference.

Pilates is focused on your breathing and your core. Strength training includes picking up weights or anything that your body resists. Pushing against a hard object causing your muscles to stress is also strength training. Around age 52, 53, 54, I found my body changing

again, this time for the better.

MOOD BOOSTER

I was pleased with the physical results, but what really clicked was the way I felt. I started to ease into this menopausal thing I was going through in a



LIZ'S TIPS

- + Exercise is important, but don't overwork because rest is equally important. Your muscles need time to recover so that they can build.
- + Protein helps build muscle. I try to add protein to every meal, but at least first thing in the morning.
- + I have a family history of heart attacks, strokes, obesity, diabetes, the whole gamut. The genetics are important, but they are not the end word when it comes to your physical health.



big way. I noticed that everything was easier. My mood was lifted. The research is now showing that muscle and strength training does all these things. It causes your blood sugar to balance out a little more. Your hormones balance out, regardless of your age. You can continue to build bone density, too.

It wasn't just that the exercise routine worked physically, it was that I'd come up with a way to exercise that made me feel good. The workout I do releases endorphins. In my work life, I went from a focus on personal training and Pilates to a more community atmosphere, combining Pilates and strength in a way that also gets the heart rate up.

DEFYING AGE

I've always said vanity gets us in the door sometimes to our health. And then, when your body starts to look and feel good, it's amazing. I'm 71 now and I keep waiting for the big change. You think there must be some plateau that happens. But with the strength training workout I do four to five times a week, I have not felt the aging effects of turning 60 or 70. I've just felt good.

I like to say that if there were going to be a pill you could take to make you healthy and age well into your later years, it would be strength training. I know that because I'm walking proof.



NIKOLAY AMOSEEV/VIA GETTY IMAGES; INSET PHOTOGRAPHY BY BLACKPRINT PHOTOGRAPHY; EXERCISE POSE PHOTOGRAPHY BY DREW FURR PHOTOGRAPHY

BALANCED LIVING BEYOND 50

First identify your priorities and recognize aging as a gift

By Suzy Rosenstein

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Early in life, I knew what I wanted: school, marriage, a house, kids, pets, and a career. When I hit 50, suddenly I didn't know what I wanted anymore. I had accomplished the life plan I had set and didn't have a new plan. Living a balanced life as you get older depends on first understanding your priorities.

IMAGINING WHAT'S POSSIBLE

There are so many limiting beliefs about aging, and you have to bust through those to dream about: What do I actually want?

The year I turned 50, I got laid off. It was the gift I couldn't give myself, but I also discovered fear. With age, we want certainty, and there isn't any. Once I made it a priority to figure out what I wanted, it opened me up to possibilities. I realized I wanted to be an entrepreneur and interact one-on-one with people. I discovered life coaching, which is about choosing our thoughts to shape what we create for ourselves intentionally.

AGING IS A GIFT

Aging is a gift not everybody has the privilege to experience. I focus on "regret-proofing." It means doing what you can, saying what you can, experiencing what you can, to decrease the likelihood that you're going to have regrets.

As I did this in my own life, I got energized. I was a late adopter to smartphones, but now I have my own blog and podcast about loving life after 50. It's the most creative thing I've ever done. Finding the right balance is about going from reacting to creating the life you want. Put that trip you want to take on the agenda. Practice self-care, which includes taking care of your body—with sleep, eating well, moving, and hydrating. I walk more now than I ever did. It's the easiest form of exercise for me and requires only a good pair of sneakers. After years of resistance, I improved my sleep, including using a CPAP machine for my sleep apnea. Be aware of your energy, and protect what matters to you.



SUZY'S TIPS

- + Don't underestimate the importance of having fun.
- + Lean into fear and understand where it's coming from.
- + Use mindfulness to get in touch with thoughts that hold you back like, "I'm too busy."



Important Facts About



SHINGRIX

(ZOSTER VACCINE
RECOMBINANT, ADJUVANTED)

WHAT IS SHINGRIX (ZOSTER VACCINE RECOMBINANT, ADJUVANTED)?

- SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster):
 - In adults 50 years and older
 - In adults 18 years and older who are or will be at increased risk of shingles due to being immunocompromised by known disease or therapy
- SHINGRIX is not used to prevent chickenpox

WHAT IS SHINGLES AND WHAT CAUSES IT?

- Shingles, also known as herpes zoster, is a painful skin rash
- Shingles is caused by the same virus that causes chickenpox. 99% of people 50 years and older carry this virus. After a person recovers from chickenpox, the virus stays inactive in the body. As you age, your immune system starts to naturally decline, increasing your risk of the virus reactivating and causing shingles. 1 out of 3 people will get shingles in their lifetime

HOW DOES SHINGRIX WORK?

- SHINGRIX is a shingles vaccine that works to boost your body's protection against shingles

HOW IS SHINGRIX GIVEN?

- SHINGRIX is given as a 2-dose vaccine series (0.5 mL each, given in the muscle of the upper arm). It is important to complete the 2-dose series
 - In adults 50 years and older the second dose should be given between 2 and 6 months after the first dose
 - In adults 18 years and older who are or will be immunocompromised due to disease or medication and might benefit from a shorter vaccination schedule, the second dose can be administered 1 to 2 months later

WHO SHOULD NOT GET SHINGRIX?

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- An increased risk of Guillain-Barré syndrome (severe muscle weakness) was observed after vaccination with SHINGRIX
- Fainting can happen after getting injectable vaccines, including SHINGRIX. Precautions should be taken to avoid falling and injury due to fainting
- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach
- More people experienced fever and shivering when SHINGRIX was given with PNEUMOVAX 23

ADDITIONAL IMPORTANT INFORMATION

- SHINGRIX was not studied in pregnant or nursing women. Tell your healthcare provider if you are pregnant, plan to become pregnant, or are breastfeeding
- Vaccination with SHINGRIX may not protect all individuals
- Ask your healthcare provider about the risks and benefits of SHINGRIX. Only a healthcare provider can decide if SHINGRIX is right for you

NEED MORE INFORMATION?

- This is only a summary of important information
- To learn more about SHINGRIX, talk to your doctor, pharmacist, or other healthcare provider
- Visit [SHINGRIX.com](https://www.shingrix.com) or call 1-800-772-9292 for more information



Shingles pain can last for weeks and can interfere with what matters most. But SHINGRIX protects.

Shingles may not care about what you have going on in life, but SHINGRIX was proven over 90% effective at preventing shingles.* So there's no better time to start the conversation about vaccination with SHINGRIX. Plus, you can get the SHINGRIX vaccine at the same time as other vaccines like the flu shot.

*In clinical trials in adults 50 years and older.

Start the conversation with your doctor about vaccination with SHINGRIX today.

What is SHINGRIX?

SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster) in adults 50 years and older. SHINGRIX is not used to prevent chickenpox.

IMPORTANT SAFETY INFORMATION

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX.

Please see additional Important Safety Information on pages 6-7.

Please see Important Facts about SHINGRIX inside back cover.

