

STUCK IN THE MIDDLE?

Taking care of yourself during middle age

It'll happen to you at some point. You'll wake up, realize you're 40+, and have no idea what's going on with your body or life. Consider these things to plan for as you approach your 40s and 50s.

Middle age isn't your parents' "over the hill."

Find a
PCP

What's Next?

Protect
your
Bones

Fight
Middle-Aged
Blahs

Check
your
Finances

Read up on
Perimenopause
& Menopause

Get Tested
(yep, even
that one)

Monitor
Hair Loss

Stay Active
& Strong

