Many are regularly getting health screenings, taking vitamins, and staying mentally active, but fewer are getting enough sleep, managing stress, exercising or eating a balanced diet.

- **Getting Enough Sleep**
  - Care about: 70%
  - Do regularly: 65%

- **Keeping Stress Low And Under Control**
  - Care about: 68%
  - Do regularly: 55%

- **Eating A Balanced Diet**
  - Care about: 63%
  - Do regularly: 55%

- **Getting Checkups And Health Screenings**
  - Care about: 60%
  - Do regularly: 70%

- **Exercising**
  - Care about: 59%
  - Do regularly: 54%

- **Taking Vitamins, Minerals Or Other Supplements**
  - Care about: 54%
  - Do regularly: 66%

- **Staying Mentally Active**
  - Care about: 54%
  - Do regularly: 64%

For more information on health topics, visit: [http://www.aarp.org/health/](http://www.aarp.org/health/)

Source: Yankelovich MONITOR, 2014, The Futures Company

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