Meditative activities are varied. Look for a stress reducing, pleasurable along the way.

Supplement, but not replace, other heart-healthy behaviors, such as healthy diet and exercise.

Avoid high calorie soft drinks and eat the rainbow of fruits and vegetables. As calorie needs decrease with age, finding the right foods, using herbs to flavor your food instead.

As we age, the changes in our bodies directly alter the rules of eating and exercise. Here are some tips to help you find the program that is right for you so you can be successful.

• Perform abdominal exercises—do not engage your stomach muscles on your back. Imagine you are going to pass gas, then squeeze the muscles that would prevent that gas from escaping from your rectum. Do this for 10 repetitions three times a day. It can take up to 6 months of performing Kegel exercises.

• Tighten the muscles below your bladder to help control urination and reduce leaking. What’s a Kegel? A working definition of a Kegel exercise: tighten the muscles you would use to hold back a small bowel movement or stop the flow of urine. Meanwhile, do this exercise for 10 seconds and then relax. Do it three times a day. If you are also trying to get your bladder under control, do a 10 second squeeze, then do an immediate contraction that goes 10 seconds longer. This adds the hold to the squeeze—call it a Kegel + Hold. It is concern that this may create problems with bladder emptying.

Remember not to tighten your stomach and back muscles. For men, if you are doing the exercises correctly, ask your doctor or nurse at a follow-up appointment if you are doing them correctly.

• When you urinate, do not pull down the sleeve of your pajamas. Try to empty your bladder. If you are unable to completely empty your bladder, do a Kegel exercise, but do not try to hold it. If you are still having trouble, see a doctor. Your doctor may recommend exercises to help control bladder leakage.

• Start with small bladder leaks. Do not pursue a process where you become laser-focused on a high level of bladder control. If you start having small bladder leaks, start with a Kegel exercise. If you are still having these leaks, try adding the Hold to your Kegel exercise.

• Ask your doctor for a referral to a physical therapist with specific training in pelvic floor rehabilitation. The first 10 minutes of the visit will be some general education about the nerves, muscles, and tendons of the pelvic floor. Then you will be instructed on how to perform Kegel exercises.

• If you can’t do or control bladder leaks, consider a sling. Many times, you can have a device placed inside your bladder that will catch the urine. This may be a surgical procedure. Talk to your doctor about your options.

• If you are having severe leakage, consider a surgical procedure. MUSCLE DRAINAGE is a procedure where your doctor makes incisions into your muscles in the belly. The incisions help drain the bladder. You are not going to have a scar. It may be that you have a blockage in your kidneys. You may have a procedure called a nephrostomy. A nephrostomy is a way to drain the bladder so the urine can flow out of the kidneys.

• Bladder bracing. If you have severe bladder leakage, you may want to consider using an incontinence brace. These are used to keep the bladder in place and stop the leaking. This is a temporary surgical procedure. After a few months, when the bladder is again in place, the bladder can be surgically removed and the bladder can be stitched back in place. If you do not want to do this, you can try a permanent surgical procedure called a bladder drainage. This is a surgery where the bladder is removed and the urethra is closed. A small tube is placed into the bladder and the tube is connected to a bag. This is a permanent procedure. If you do not want to do this, you can try a ua tube to drain the bladder. You can also try a bladder drainage.