of people say that health in older age is a concern. However, few are doing as much as they can take seriously.

Health-related attitudes and behaviors

I avoid harmful behaviors (e.g. drinking too much alcohol or smoking) 57%

I exercise regularly 50%

I take my health seriously (e.g. have routine medical check-ups and do regular self-checks) 42%

I practice mindfulness regularly (e.g. meditation and relaxation exercises) 43%

I eat healthily (e.g. five-a-day portions of fruit and vegetables) 57%

I think about my long-term health when making lifestyle choices. For example, I try to avoid stress 17%

Source: Successful Retirement – Healthy Aging and Financial Security, Aegon Retirement Readiness Survey 2017. This study is a collaboration between Transamerica Center for Retirement Studies® and Aegon Center for Longevity and Retirement. TCRS is a division of the Transamerica Institute®, a nonprofit, private foundation that is funded by contributions from Transamerica Life Insurance Company and its affiliates and may receive funds from unaffiliated third parties. For more information and fully survey results, visit www.transamericacenter.org.