

Put a Little PLAY Into Your DAY



Stay Active with EatWellBeWell.org



Getting Your Physical Activity

Regular physical activity is one of the most important things you can do for your health. Older adults need at least 150 minutes of moderate activity (like brisk walking) or 75 minutes of vigorous activity (like jogging) per week. If possible, spread your physical activity throughout the week.

Healthy Aging with Physical Activity

Varying the types of physical activity is the key to keeping your body healthy. Aerobic activity makes the heart beat faster and makes the body move more than usual. Muscle-strengthening activities make muscles work more than usual and work best if done at least twice per week. Some of the health benefits of regular physical activity include:

- Being able to live on your own
- Reducing the risk of fractured bones
- Helping to control joint swelling and pain due to arthritis
- Possibly reducing blood pressure

Be Active Your Way

Physical activity does not need to be hard. Start with shorter bouts of activity at a time (at least 10 minutes) and slowly build up. Some physical activity is better than none and any amount of activity has health benefits. The important thing is to do activities that are right for you and your abilities.

<p>Aerobic Activities (150 minutes per week)</p>	<ul style="list-style-type: none"> • Walking • Jogging • Swimming • Gardening • Tennis • Bicycle riding (stationary or on a path)
<p>Muscle-Strengthening Activities (2 days per week)</p>	<ul style="list-style-type: none"> • Exercise bands • Hand weights • Household chores or yard work • Carrying groceries • Yoga • Balance training

Be Safe While Being Active

Physical activity can be safe for everyone, no matter your age. What can you do if you want to be active and safe? The best steps to reduce risk or injury during physical activity are:

- Be as active as possible to increase your fitness level
- Start out with low levels of activity, go slow, and work your way up
- Drink water before, during, and after you are active
- Wear the right shoes and clothing that allow free movement



Healthy Eating as You Age

Healthy foods can give you the energy you need to live an active life with friends and family. Here are some things to keep in mind to help choose healthy foods and drinks:

- As you age, you may not feel as thirsty. Drink water often. Fat-free or low-fat (1%) milk and 100% juice can also count.
- Add sliced vegetables and fruits to your meals and snacks. Look for pre-sliced vegetables and fruits on sale if slicing and chopping are hard for you.
- Include a variety of colored vegetables and fruits to brighten your plate. Most vegetables are low in calories.
- Changes in your teeth and gums can make it harder to chew foods like vegetables, fruits or meat. Try cooked vegetables or fruits, low-sodium soups, and canned tuna or chicken to help you get the nutrition you need.
- Add flavor to foods with spices and herbs instead of salt. Look for low-sodium packaged foods.

Warm Kale and Apple Salad

Ingredients

¼ cup sliced almonds	2 cups diced red apple
½ cup chopped onion	½ teaspoon salt
½ teaspoon olive oil	½ teaspoon black pepper
1 bunch kale (about 6 ounces), chopped, (large stems removed)	

Directions

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Heat non-stick skillet over medium high heat.
4. Add oil and onion. Cook, stirring occasionally for 5 minutes.
5. Add apples and cook for 5 more minutes stirring occasionally.
6. Add kale and cook for about 5 minutes or until kale is bright green in color and has wilted slightly. Add salt and pepper to taste, and sprinkle almonds over the top and serve.

Makes: 2 servings

Nutrition Facts for one serving (½ of recipe): Calories, 150; Carbohydrate, 28 gm; Protein, 11 gm; Total Fat, 4 gm; Saturated Fat, 1 gm; Trans Fat, 0 gm; Cholesterol, 5 mg; Fiber, 5 gm; Total Sugars, 14 gm; Sodium, 240 mg; Calcium, 130 mg; Folate, 34 mcg; Iron, 1.7 mg; Calories from Fat, 24%.