

## Older Adults

### Taking Aim for Nutrition & Health

#### Aim for Physical Activity

The benefits of physical activity include:

- ➔ helps reduce the risk of a heart attack,
- ➔ helps reduce blood pressure
- ➔ helps with weight control,
- ➔ helps prevent osteoporosis.

It's easy to let inactivity take over. The key is to keep moving and to plan some type of physical activity into your everyday routine. Physical activity does not have to be strenuous in order to provide health benefits. Physical activity may include walking, housecleaning, and hobbies such as gardening.

**Here are some tips to increase your physical activity.**

- ➔ **As with people of any age, use the buddy system. You'll help motivate each other and it's safer.**
- ➔ **Drink plenty of fluids. Have a drink of water before exercising, even if you do not feel thirsty.**
- ➔ **Increase the strength of your leg muscles. When watching television, come to a stand at least once during each commercial break.**
- ➔ **Walk. Don't park in the space nearest the building to which you are going.**
- ➔ **Use plastic milk jugs filled with water as weights to do arm reaches. A ½ gallon container weighs about four pounds.**

Adults over the age of 65 years should consult a doctor regarding which kinds, and how much, physical activity is right for them.



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