

# Moving Towards a Healthy Life



## Did You Know?

- Exercising regularly can reduce one's risk of falling and breaking bones.
- Physical activity will improve stamina and muscle strength.
- It will help control swelling for individuals with arthritis.
- Exercising can boost one's mood and help with overall well-being.
- Walking or even gardening/yard work is considered as a physical activity.
- It can reduce the risk of getting diabetes, high blood pressure, and heart disease.

## Physical Activity

There are many benefits for older adults who participate in physical activity. This includes health benefits as well as strengthening muscles and balance training. When you exercise it doesn't have to be intense, any type of movement is good for the body. Remember to start slow with a light or moderate form of exercise. You can increase the intensity and time spent over weeks or months. If you have any type of chronic health condition, make sure to talk to your doctor first to decide what form of exercise is right for you. One of the best things you can do is just go for a walk. It's simple and it can help in so many ways. If you want to stay at home, you can always do strength exercises such as lifting weights or using resistance bands. It's always important to stretch before working out. Even after a workout you can do some stretches that will make your muscles feel good. Don't be afraid to get moving! Call up a friend so you are not alone in the process. You could even sign up for some classes at your local community center.

## Aerobic Activity Examples

- |                  |                  |          |
|------------------|------------------|----------|
| ▪ Walking        | ▪ Jogging        | ▪ Golf   |
| ▪ Dancing        | ▪ Bicycle riding | ▪ Rowing |
| ▪ Swimming       | ▪ Gardening      | ▪ Boxing |
| ▪ Water aerobics | ▪ Tennis         | ▪ Hiking |

*150 minutes  
each week of  
moderate  
aerobic exercise*

## Balancing Activities

As we age we are at a higher risk of falling and getting hurt. There are certain exercises that can be done so we can improve our balance as well as strengthen our joints and muscles. These type of activities should be performed at least 3 times a week:

- Walking backwards
- Walking sideways
- Walking on your heel
- Walking on your toes
- Standing up from a sitting position

## Strength Activities

These exercises will strengthen your muscles including legs, back, chest, hips, shoulders, arms, and abdomen. If there is a fall your body will be strong enough and you will be less likely to break bones. These exercises should be done 2 days a week. When using weights, it is more effective to do multiple sets of 8 to 12 repetitions.

- Using weights
- Using exercise bands
- Carrying items such as groceries
- Doing yoga
- Practicing tai chi exercises

## HEALTHY RECIPE

### Yogurt Parfait



#### Ingredients:

- ½ cup granola, divided
- ½ cup 2% Greek yogurt
- Handful of berries

#### Directions:

- In a glass, add 2 tablespoons of berries and use a spoon to spread it evenly
- Layer it with 2 tablespoons of yogurt and top it with berries
- Repeat with remaining granola, yogurt, and berries
- Serve immediately, or store in fridge.

This recipe is perfect to eat right before you exercise or can be a snack for after!

Source: <https://www.cdc.gov>  
<http://ianr.unl.edu>

*Promoting Good Health and Quality of Life*



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