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# DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

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Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.

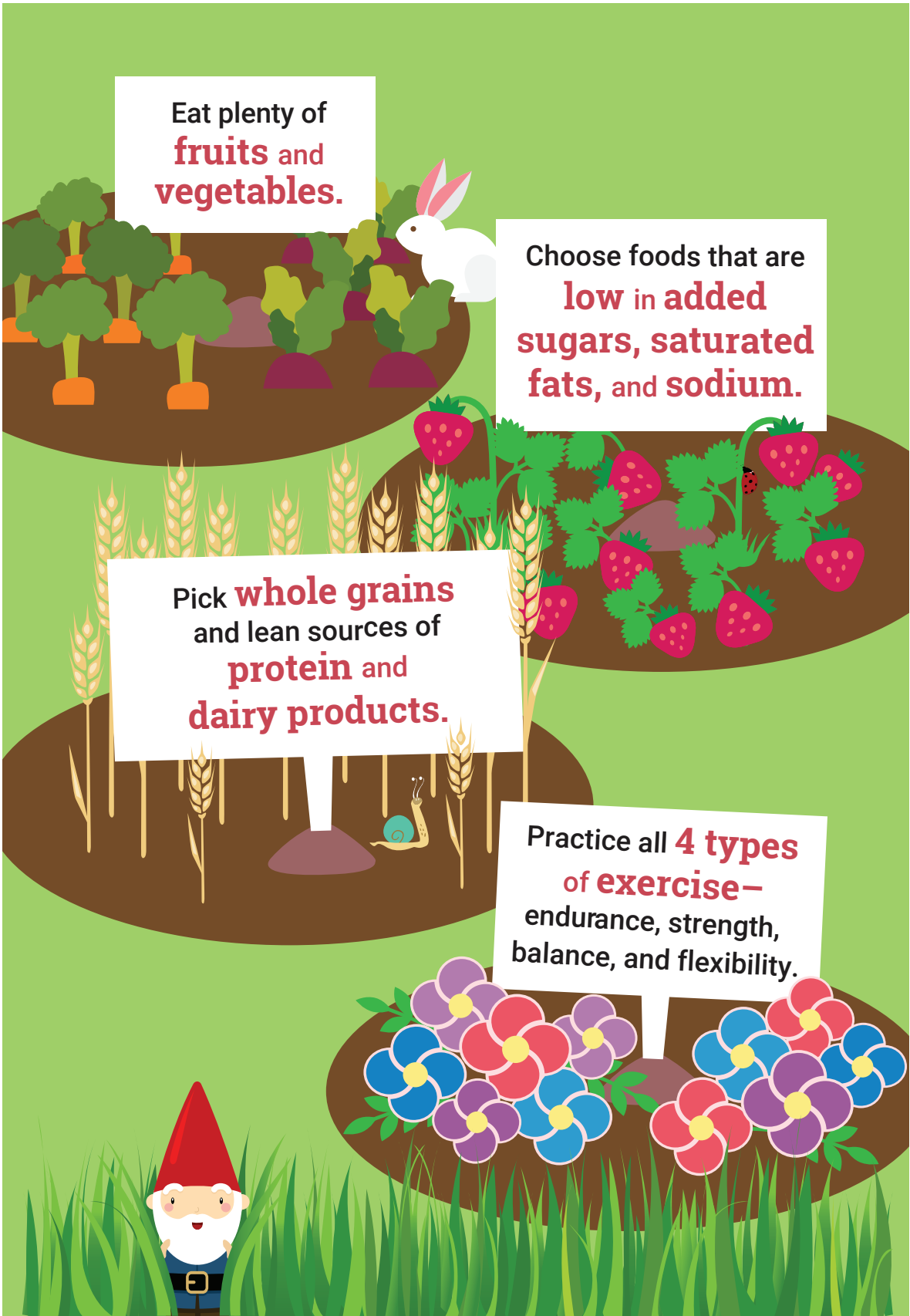
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Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.



Eat plenty of  
**fruits** and  
**vegetables.**

Choose foods that are  
**low** in **added**  
**sugars, saturated**  
**fats, and sodium.**

Pick **whole grains**  
and lean sources of  
**protein** and  
**dairy products.**


Practice all **4 types**  
of **exercise**—  
endurance, strength,  
balance, and flexibility.

For more information about healthy eating  
and exercise, go to [nia.nih.gov/health/exercise](https://nia.nih.gov/health/exercise)

# DIETA Y EJERCICIO:

Opciones de hoy para un mañana más saludable


Consumir una dieta saludable y hacer ejercicio con regularidad pueden ayudar a controlar o retrasar los problemas de salud relacionados con el envejecimiento, tales como presión arterial alta y diabetes.



Establezca objetivos a corto plazo para lograr y mantener una dieta saludable y una rutina de ejercicios.

Estos 5 consejos deben ser una prioridad diaria en su vida:

Trate de mantenerse físicamente activo durante al menos **30 minutos** la mayoría o todos los días de la semana.



Consuma muchas  
**frutas y  
verduras.**

Elija alimentos que sean  
**bajos en azúcares  
agregados, grasas  
saturadas y sodio.**

Escoja **granos (cereales)  
integrales** y fuentes de  
**proteínas y productos  
lácteos** bajos en grasa.

Practique los **4 tipos**  
**de ejercicio:**  
resistencia, fuerza,  
equilibrio y flexibilidad.

Para más información sobre la alimentación  
saludable y el ejercicio, visite  
[nia.nih.gov/salud/ejercicio](http://nia.nih.gov/salud/ejercicio).

# **NO MORE EXCUSES!**

## **Overcome Exercise Barriers**

Many older adults know they should be more active, but find it hard to fit exercise into their lives.

### **CHECK OUT THESE TIPS**

to learn how you can stop making excuses and get moving to improve your health.



#### **NO TIME.**

Exercise first thing in the morning or combine physical activity with a task that's already part of your day.

#### **TOO BORING.**

Do things you enjoy and try new activities to keep exercise interesting and fun.





### **TOO EXPENSIVE.**

Wear a pair of comfortable, non-skid shoes for walking and use soup cans or water bottles to strength train.

**TOO TIRED.** Regular, moderate physical activity can help reduce fatigue and even help you manage stress.



For more information about exercise and physical activity, including overcoming exercise barriers, visit

[nia.nih.gov/health/exercise](https://nia.nih.gov/health/exercise)



National Institute  
on Aging

# GET FIT FOR FREE

## Exercise is key to healthy aging.

Physical activity can make your muscles stronger, increase your heart rate, improve your balance, and stretch your muscles, just to name a few benefits.

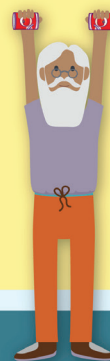
Try all 4 types of exercise for the most benefits: **endurance, strength, balance, and flexibility.** Not sure how to get moving?

## Here are some ideas that don't cost a dime.

Go for a hike in a park or up and down  
some stairs.



Make your own weights  
with water bottles or  
other household items.



Participate in a community-sponsored  
cleanup or fun run/walk.



Join a local recreational sports league.



Walk or roll with friends or family  
at the mall or around your neighborhood.



For more free exercise ideas, visit  
[nia.nih.gov/health/exercise](https://nia.nih.gov/health/exercise)





# Get Fit So You Can Do More!



Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

## 1 Endurance

So you can



climb steps



dance the night away



## 2 Strength

So you can



lift groceries



carry grandchildren



### 3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



### 4 Flexibility

So you can



drive



get dressed



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

Visit [nia.nih.gov/health/exercise](https://nia.nih.gov/health/exercise)

## Hawaiian BBQ Chicken Wraps

Prep/Cook Time: 25 minutes    Number of Servings: 2

### **Ingredients:**

- 1/2 tablespoon olive oil
- 1-4oz boneless, skinless chicken breasts, cut into bite-size pieces
- Fresh ground pepper, to taste
- 3 tablespoons barbecue sauce
- 1/4 cup shredded mozzarella cheese
- 1/3 cup chopped pineapple, fresh or canned
- 2 tablespoons chopped red onion
- 1 cup chopped romaine lettuce
- **Optional:** 2 tablespoons chopped cilantro
- 2 whole wheat wraps or tortillas



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## **Hawaiian BBQ Chicken Wraps**

### **Directions:**

1. Heat the olive oil in a large skillet over medium high heat.
2. Add the chicken and season with black pepper and any other salt-free seasonings you like.
3. Cook, flipping chicken over until it is completely cooked through and golden brown (about 10-12 minutes).
4. Remove skillet from the heat. Add the barbecue sauce to the skillet and toss to evenly coat the chicken.
5. Place tortillas on two plates and top each with half of the following: BBQ chicken, pineapple, chopped onion, mozzarella, romaine and cilantro (if using). Roll everything up into a burrito and enjoy.

### **Nutrition Facts (per serving):**

Calories: 270    Protein: 26gm    Total Carbohydrates: 30gm  
Fiber: 10gm    Total Fat: 10gm    Cholesterol: 40mg    Sodium: 904mg

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## Quick Sweet Potato & Spinach Soup

Prep Time: 25 minutes      Number of Servings: 2

### Ingredients

- 2 medium leftover cooked sweet potatoes (\*See Tip)
- 1 can light coconut milk (usually in ethnic aisle at grocery stores)
- 1 cup unsweetened coconut milk or low-fat milk
- ¼ cup freshly grated parmesan cheese
- 1 teaspoon canola oil
- 1 clove garlic, minced
- 1/4 cup sweet onion, diced
- 1 cups baby spinach, rinsed well, chopped
- Pinch of cayenne pepper, to taste (optional)
- Pinch of salt (optional)



### Tips:

- ✓ \*You can also cook them in the microwave for about 6-8 minutes (depending on their size) to make them soft and easy to puree.
- ✓ Add cooked rotisserie chicken or shrimp for a heartier soup.

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## Quick Sweet Potato & Spinach Soup

### Directions

1. Remove the skin off the cooked sweet potatoes.
2. Add the sweet potato, canned coconut milk, unsweetened coconut (or low-fat cow's) milk and parmesan cheese to a food processor or blender. Puree on medium speed until smooth.
3. In a medium-sized soup pot, heat canola oil over medium heat.
4. Sauté garlic and onions for a few minutes, until soft.
5. Add the pureed sweet potatoes to the soup pot and turn the heat up to medium-high. Once it comes to a simmer, reduce heat to medium-low and add the chopped spinach, cayenne pepper and a pinch of salt (if using).
6. Simmer for about 10 minutes and adjust seasonings to your taste preference. Serve hot.

### Nutrition Facts (per serving):

Calories: 363 Protein: 10gm Total Carbohydrates: 38gm Fiber: 5gm  
Total Fat: 20gm Cholesterol: 10mg Sodium: 342mg

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