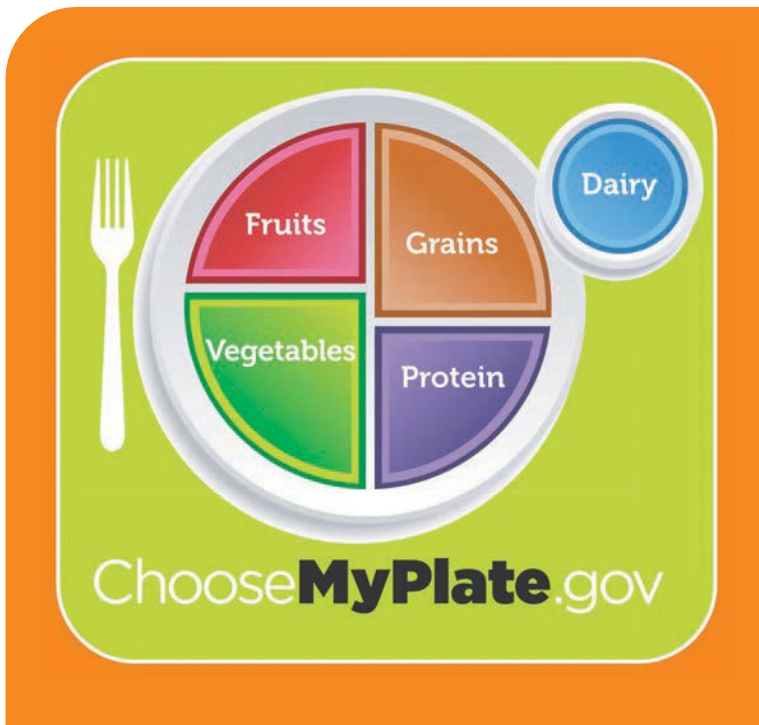




# Nutrition Education FACT SHEETS

Nutrition and  
lifestyle goals  
to build a  
stronger and  
healthier you.





# Choose MyPlate for a Healthy Meal

MyPlate (<https://www.myplate.gov/>) provides a visual guide of how many servings of each food group you should eat each day. To ensure you eat plenty of rich-nutrient foods, plan your meals to include a variety of food groups. foods, try to plan your meals to include a variety of foods.



## Fruits

### FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.



## Vegetables

### VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).



## Protein

### VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.



## Grains

### MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are “enriched” with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.



## Dairy

### MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1 ½ ounces of hard cheese.



# Get to Know the Nutrition Food Label

The information below will help you understand the nutrition label:

## Servings per Container

- This is the total number of servings within the entire package or container.
- One package may contain more than one serving.
- The entire nutrition label is based off one serving.

## Serving Size

- This is based on the amount of food that is usually eaten at one time.
- Serving size is not a recommendation on how much you should eat.
- The entire nutrition label is based on this serving size.

## Calories

- This is the number of calories in one serving.
- Calories give your body energy, but may lead to weight gain if you eat or drink too much.
- To maintain your body weight, it is important to balance the number of calories you eat and stay active.
- 2,000 calories a day is the general guide for nutrition advice. Your needs may be different. Talk to your health care provider or dietitian to determine how many calories you need each day.

## % Daily Value (%DV)

- This shows how much a nutrient in one serving contributes to your daily diet.
- Use the %DV to determine if a serving is high or low in a certain nutrient.
  - 5% DV or less of a nutrient is low.
  - 20% DV or more of a nutrient is high.

Making healthy diet choices are important to help you feel your best and stay active. It can also help to lower your risk of health conditions and manage chronic health conditions you may already have.

The nutrition food label can help you to identify healthy foods and determine foods you should limit or avoid. The nutrition food label has a lot of important information that you can use to select foods you want to eat.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHOOSE  
FOODS  
LOWER IN



SODIUM (SALT),  
SATURATED FATS  
ADDED SUGARS

CHOOSE  
FOODS  
HIGHER IN:



DIETARY FIBER  
VITAMIN A  
VITAMIN D  
CALCIUM  
POTASSIUM



BAD VS BETTER

# Choose Healthy Fats

Fat in your diet (dietary fat) is an essential nutrient for your body. It gives you energy and helps your body and brain function. Fat can help your body absorb certain nutrients and make important hormones, too. It also helps to protect your organs and keeps your body warm.

## Four Types of Dietary Fat

### Bad Fats

1. Saturated Fats  
Limited to less than 10 percent of calories each day.
2. Trans Fats  
Avoid completely



### Better Fats

Should make up 20 to 35 percent of the food you eat each day (about 44 to 77 grams each day)

#### 3. Monounsaturated Fats

- ✓ I AVOCADO
- ✓ I OIL-BASED SALAD DRESSING
- ✓ I PEANUT BUTTER
- ✓ I NUTS (ALMONDS, HAZELNUTS, PEANUTS)
- ✓ I OLIVES
- ✓ I SEEDS (PUMPKIN, SESAME)
- ✓ I VEGETABLE OILS (CANOLA, OLIVE, PEANUT)



#### 4. Polyunsaturated Fats

- ✓ I FISH (HERRING, SALMON, TROUT, TUNA)
- ✓ I OIL-BASED SALAD DRESSING
- ✓ I NUTS (PINE NUTS, WALNUTS)
- ✓ I SEEDS (FLAX, PUMPKIN, SUNFLOWER)
- ✓ I VEGETABLE OILS (CORN, SOYBEAN, SUNFLOWER)

## Healthy Fats

Your body needs fat to stay well nourished, but it is important to choose healthy fats most often. Bad fats tend to be solid at room temperature (butter) and should be limited in your diet. Better fats tend to be liquid at room temperature (vegetable or seed oils) and are the better choice.

**Eating foods with fat is part of a healthy diet.** But you should try to choose foods that provide good fats and balance the diet you eat. All types of dietary fats are high in calories and if eaten in excess, can lead to weight gain.



Do you know how to swap bad fats for better fats?

See the next page to learn more!

# Look at Nutrition Label for Fat.

Look at the nutrition label to identify the type of dietary fat in a food item. You may only see saturated and trans fat listed. This is a good way to identify sources of bad fats and foods you should avoid or limit. To lower the amount of bad fat you eat, try to limit eating desserts and sweet snacks. These foods are higher in bad fats. When choosing dairy (milk, yogurt, and cheese) select low-fat or fat-free options.



## SWAP Bad Fats for Better Fats

### LIMIT/AVOID:

Cooking with Butter or Lard



Full-fat Cheese on Salads



Bacon, Breakfast Meat, Fatty Cuts of Red Meat



Cooking Fried Food



### CHOOSE:

Healthy Oils:  
Olive, Peanut,  
Avocado, and Canola



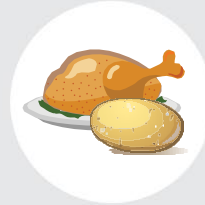
Avocado, Nuts,  
or Seeds for  
Salad Toppings



Fatty Fish  
(Salmon, Tuna)



Bake Your Food



[https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)  
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>  
<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>  
<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/fat.cfm>



# The Facts On Fiber

Fiber that you eat is called “dietary fiber”. Dietary fiber includes parts of plant-based foods that your body is unable to break down or absorb, but can still use.

## Two Types of Fiber

### Soluble Fiber

- Helps to absorb water from your food and slows down your digestion, which can help you feel fuller longer.
- Controls blood sugar.
- Removes bad fats (cholesterol).
- Maintains weight
- May reduce risk for diabetes and heart disease.



### Insoluble Fiber

- Good for colon health. Helps to form the bulk of your stool. It is easy for your body to move stool that is bulky.
- Helps prevent constipation or strain when you have a bowel movement.



## Tips to Increase Your Fiber:



Take a slow approach when you increase the amount of fiber you eat. This can help to prevent digestion upset, such as gas and bloating.



Drink plenty of water during the day. It is important to increase your fluid intake when you increase the amount of fiber you eat.



Look at the nutrition label. The nutrition label lists the fiber content of your food. “Dietary Fiber” will be listed in grams (“g”), under the “Carbohydrate” section.

Find out if your food has fiber in it.

Look on the label here!

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	1/3 cup (27g)
Amount per serving	
<b>Calories</b>	<b>340</b>
	% Daily Value
<b>Total Fat</b> 47g	<b>67%</b>
Saturated Fat 19g	<b>45%</b>
Trans Fat 8g	<b>34%</b>
<b>Cholesterol</b> 2g	<b>7%</b>
<b>Sodium</b> 7g	<b>18%</b>
<b>Total Carbohydrate</b> 3g	<b>8%</b>
Dietary Fiber 3g	<b>8%</b>
Total Sugars 0g	<b>0%</b>
Added Sugars 0g	<b>0%</b>
<b>Protein</b> 22g	<b>47%</b>
Vitamin D 5mcg	<b>34%</b>
Calcium 16mg	<b>41%</b>
Iron 9mg	<b>19%</b>
Potassium 3mg	<b>23%</b>

Check out some great fibers to add to your next meal >>>



# Slowly try to reach your fiber goal

**WOMEN** (age 51+)  
at least  
22 grams daily

**MEN** (age 51+)  
at least  
28 grams daily



## Fiber Friendly Foods:

There are many fiber-rich foods you may enjoy. Try to increase your intake of whole grain food products (bread, cereal, and pasta), fruits, and vegetables. Fiber friendly foods include:

### VEGETABLES

**ARTICHOKE**  
**BEANS**  
**BROCCOLI**  
**BRUSSEL  
SPROUTS**  
**CARROTS**  
**LENTILS**  
**LEAFY GREENS**

### FRUITS

**AVOCADO**  
**APPLES**  
**BERRIES**  
**PEACHES**  
**PEARS**  
**PLUMS**

### WHOLE GRAINS

**BREADS**  
**CEREALS**  
**OATS**  
**PASTAS**

### NUTS & SEEDS

**PUMPKIN SEEDS**  
**CHIA SEEDS**  
**ALMONDS**  
**PISTACHIOS**

Mix it Up! Add a variety of fibers at each meal!



[ilaging.illinois.gov](http://ilaging.illinois.gov)

[https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)  
<https://www.nutrition.va.gov/Fiber.asp>  
<https://sites.tufts.edu/nutrition/winter-2019/10-things-you-need-to-know-about-fiber/>



# The Importance of Protein

Protein is the building block of your body.

You need protein from the food you eat to build bones, muscles, and skin and keep them strong. Protein helps your body recover and heal from injuries too. It is important to every system of your body.

## Protein as You Age

Natural changes with aging may cause a decrease in appetite. You may eat less food than you once did. This can also mean that you are eating lower amounts of protein-rich foods. Aging can also change how your body digests and absorbs food. This can also impact how your body uses the protein that you eat.

## Go Lean with Protein

Many people eat plenty of protein, but often choose protein sources that are high in dietary fat.

While some fats are healthy, many animal-based protein sources can be higher in bad fats (saturated fat). It is important to choose lean (low-fat) sources of protein in your diet.

Lean protein food provides your body with a rich source of protein without all the bad fats.

Lean (low-fat) protein foods are foods that have less than 10 percent of fat and less than 4 percent saturated fat per serving.

Limiting the amount of fat you eat helps maintains your weight and can help manage chronic conditions you may have.



Lean Meat



Poultry



Fish



Shellfish



Peas



Nuts



Eggs





# What are Protein-Rich Foods?

SEAFOOD  
MEAT  
POULTRY  
EGGS  
BEANS

PEAS  
LENTILS  
NUTS  
SEEDS  
SOY

It is important to choose a variety of protein in your diet and look for lean (low-fat) options.

## Choose Protein that's Right for You



### Age 60+

Need 5-6 ounces of protein daily

Palm of your hand or deck of cards equals about 3 ounces of meat or fish protein

The amount of dietary protein a person needs varies. Talk with your health care provider or dietitian to determine what is best for you.

## Tips to Add Protein in Your Day

- Eat a variety of protein in your diet.
- Try to eat at least two servings of seafood each week. Seafood contains healthy fats.
- Include a protein source in your snacks. Nuts and seeds are perfect snacks if you are on-the-go.
- Include protein in your salad by adding grilled chicken or chickpeas.
- Choose lean cuts of beef. Try to select cuts with less marbling.

Lean beef has less marbled fat.





# Snack Healthy

Eating a snack between meals can be a part of a healthy diet.

Snacking on healthy foods can help increase your intake of important nutrients, including fiber and good fats, and give you energy between meals.

## Make Snacking a Healthy Event!

- **Snack only when you are hungry.**  
Avoid eating out of boredom or when you are stressed. This can lead to excess weight gain.
- **Plan snacks ahead of time.**  
Fixing snacks in advance can save you time and make healthy snacks the easy choice. For example, wash and cut up fresh fruit or make your own trail mix.
- **Choose snacks that are 200 - 300 calories** or less and include a variety of nutrients (fiber, healthy fats, and vitamins).
- **Use snack time as a way to increase your fruits and vegetables.**  
Choose brightly colored fruits and vegetables to help ensure you are getting a variety of nutrients in your diet.
- **Snack time is a great time to socialize!**  
Eat a snack with a friend or neighbor.
- **Drink plenty of water** with your snacks.

## RECIPE

### Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. ¼ cup raisins
5. ½ cup dried fruit (your choice!)
6. ½ cup nuts (your choice!)
7. ½ cup mini chocolate chips

**DIRECTIONS:** Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!

## Healthy Snack Ideas

- Low-fat/no-fat yogurt with fresh berries
- Low-fat cottage cheese with pineapple or peaches
- Whole grain crackers with mashed avocado
- Small side salad topped with nuts or seeds
- Whole grain toast topped with nut butter



# Calcium & Vitamin D

## A Perfect Combo!

## BEST FOOD SOURCES

### Calcium

Dairy (Milk, Cheese, & Yogurt)  
Leafy Greens  
Lentils and Beans  
Almonds  
Fortified Foods and Beverages

### Vitamin D

Fatty Fish (Salmon, Tuna, & Trout)  
Mushrooms  
Egg Yolk  
Fortified Foods and Beverages  
Vitamin D Milk



## Calcium

Calcium is an important mineral that helps your heart and muscles function. It also supports your nervous system and helps hormones to function in your body. Calcium builds bones when you are young and keeps your bones healthy and strong as you age. Almost all the calcium in your body is in your bones and teeth.

Your body relies on a calcium-rich diet to get all the calcium it needs. If you do not eat enough calcium, your body may begin to pull calcium from your bones. If this happens often, your bones may weaken and can break.

## Vitamin D

Vitamin D is a vitamin that helps your body absorb calcium. It is important for bone growth. Calcium and Vitamin D work together to help prevent bone loss. They also help to build bones and muscles, which keep you strong, balanced, and independent at home! Together they work to maintain the strength of your teeth. Calcium and Vitamin D also work with other minerals to prevent your bones from becoming weak.

It is important to eat foods that are rich in calcium and Vitamin D. Talk to your health care provider or dietitian to see if supplements are right for you.

## My Daily Needs

### Calcium

- Women: 1,200 mg
- Men: 1,000 mg (70 & under); 1,200 mg (71+)

### Vitamin D

- 15 - 20 mcg

## Sunshine is good for you!



Sun exposure is a key Vitamin D source. Your skin makes Vitamin D from the sun and can store it in your body for when you need it.



# Vitamin B12 and you

## Vitamin B12 is an Important Vitamin

Vitamin B12 helps to support nerve function and build healthy blood cells.

Vitamin B12 is also important to keep other parts of your body healthy, including your heart, eyes, bones, hair, nails, and skin.

As you age, it is normal for your body to not absorb Vitamin B12 as well as it once did. It can be common for an older adult to have low levels of Vitamin B12.

## Stay Healthy as You Age

It is important to make sure you are eating rich sources of Vitamin B12 in your diet. You can prevent low levels of Vitamin B12 by eating a healthy, balanced diet.

Vitamin B12 is naturally found in a lot of food sources and can be added into other fortified foods.

Eat a diet that includes a variety of Vitamin B12 foods, including low-fat dairy, lean proteins, and fortified grains.

Talk with your health care provider or dietitian to determine if Vitamin B12 supplements are right for you.

## FOODS RICH in Vitamin B12

### MEAT

(beef & lamb)



### DAIRY

(milk, cheese, & yogurt)



### SEAFOOD

(fish & shellfish)

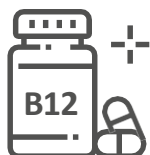


### fortified CEREAL



### POULTRY

(chicken, turkey, and duck)



If you take Vitamin B12 supplements, make sure you talk to your health care provider or pharmacist about how it may interact with other medicine you take.



# Drink To Your Health

Your body, including your heart, kidneys, and blood needs water each day to function. Fluids keep your body hydrated and working well.

## Water Helps Your Body...

- ◆ Feel full and keep your hunger cues on track.
- ◆ Keep a normal body temperature.
- ◆ Protect your joints.
- ◆ Get rid of waste through urination, sweating, and bowel movements.
- ◆ Protect your spinal cord and other sensitive tissues.

## TIPS to Drink More Water

- 1 CARRY A WATER BOTTLE WITH YOU AND REFILL IT OFTEN**
- 2 CHOOSE WATER OVER OTHER BEVERAGES**
- 3 ADD FRESH FRUIT OR HERBS (LEMON, LIME, RASPBERRIES, MINT) TO ADD A HINT OF FLAVOR TO YOUR WATER.**

refreshing!



Are you staying hydrated?  
See the next page to learn more!

# Stay Hydrated Not Dehydrated

Drinking fluid during the day can help you decrease your risk of dehydration. Dehydration can lead to confusion, body weakness, and constipation. As we age, the amount of water in our body decreases. An older adult has less water to lose before becoming dehydrated.

**Try to drink about 10 cups of fluid each day,** unless you are told otherwise by your health care provider.

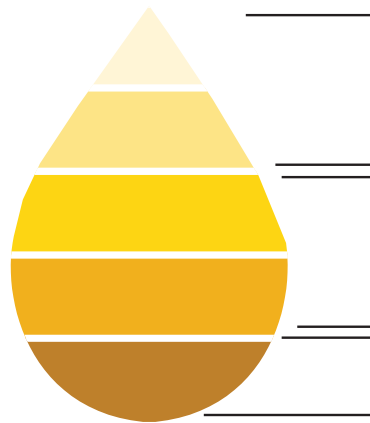
Drink  
**1**



**Look at the color of your urine – a pale yellow color may indicate that you are well hydrated.**

Urine that is dark yellow or amber in color can mean that you are dehydrated and you need to increase your water intake.

Drink fluids during the day and increase your fluid intake when you exercise and when you are sick. You may need to increase your fluid intake when it is hot outside, too.



**Hydrated**  
Drinking enough fluid

**Mildly Dehydrated**  
Start to increase fluid intake

**Dehydrated**  
Drink more fluid

**Talk to your health care provider or dietitian about your fluid needs and how to meet them each day.**

## Choose the Best Drinks to Meet Your Fluid Needs



**Choose Water First for Thirst**

Most of your fluid needs are met by water and other beverages you drink. You can get some fluid through foods you eat, especially foods with high water content, such as fruits and vegetables.

### Other Healthy Beverage Choices:

- ◆ **Low or no-calorie beverages**
- ◆ **Plain coffee or tea**
- ◆ **Low-fat or fat-free milk and milk alternatives**
- ◆ **100% fruit or vegetable juice**





# Be Smart with Salt

Your body needs a small amount of sodium (“salt”) to work well, but too much salt can be bad for you. Most people consume more salt than their body needs.

## LOWER Your Salt Intake

- ▼ Unless told otherwise by your health care provider, limit your salt intake to no more than 1 teaspoon (2300 milligrams) each day.
- ▼ Processed and pre-packaged foods and snacks tend to be higher in salt. Try to limit the amount of processed/packaged foods that you eat.
- ▼ Choose fresh fruits and vegetables as low-salt options for snacks.
- ▼ Avoid adding salt to your meals. Instead, try fresh herbs and salt-free spices to add flavor to food.
- ▼ Rinse salt-containing foods, such as canned beans, tuna, and vegetables, before you eat them. This can help remove excess salt.
- ▼ Make your own food at home. This is the easiest way to control the amount of salt that you eat.
- ▼ Limit fast-food and do not use table salt when eating out.

## Health Risks of High Salt Intake

- 1 HIGH BLOOD PRESSURE
- 2 HEART DISEASE
- 3 STROKE
- 4 OBESITY
- 5 DIABETES



## Find Salt (Sodium) on the Nutrition Label

Look for the word “sodium” on the nutrition label to identify the amount of salt in a packaged food.

The nutrition label will always list “salt” as “sodium”.

Look at the “% Daily Value”. If the sodium is **5% or less**, the food is low in sodium per serving. If the sodium is **20% or higher**, the food is high in sodium per serving and it should be limited.



**Look for the term “salt/sodium-free” or “very low sodium” on canned, frozen, or other packaged food to choose foods that are low in salt.**



# Take Care of Your Teeth and Mouth

A healthy mouth is important for good nutrition

A healthy mouth and gums can help you eat a balanced diet while still enjoying the food you like. Weak or missing teeth and mouth pain can make it hard to eat certain foods. This can also increase your risk of choking. Eating healthy foods can help to prevent mouth problems.

## Common Mouth Problems

Oral health problems, such as loose or missing teeth, gum disease, cavities, and chronic health conditions, can affect many older adults. Mouth problems can make it hard to eat certain foods.

### COMMON MOUTH PROBLEMS CAN CAUSE:

Sensitivity to temperatures (hot or cold foods)

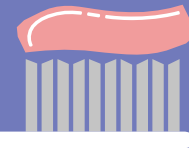
Difficulty chewing foods, especially fresh fruits and vegetables

Pain or soreness when you chew and swallow, especially hard or sticky foods

Dry mouth

## Practice Good Oral Hygiene!

- 1 BRUSH YOUR TEETH TWICE A DAY.
- 2 USE TOOTHPASTE WITH FLUORIDE IN IT.
- 3 FLOSS DAILY BETWEEN YOUR TEETH.
- 4 CHOOSE WATER FIRST FOR THIRST.
- 5 SEE A DENTIST OFTEN.
- 6 DO NOT SMOKE OR USE TOBACCO.



## Protect Your Mouth



- ✔ Visit your dentist one time every 6 months, or more often if directed.
- ✔ Practice good oral hygiene.
- ✔ Eat a variety of food, including low-fat protein, fruits, and vegetables.
- ✔ Do not use tobacco products. If you smoke, quit.
- ✔ Limit alcohol, carbonated beverages, and other sugar-sweetened beverages.
- ✔ Manage any health conditions you have.
- ✔ Talk to your dentist, health care provider, or dietitian to learn more ways to keep your mouth healthy.





# Physical Activity

Physical activity is important for your health and you should look for ways to be active often. It is never too late to start a new activity routine.

## Experience the Benefits of Physical Activity



### Your Physical Activity Goal

The Center for Disease Control and Prevention (CDC) recommends at least **150 minutes (30 minutes, 5 days a week)** of physical activity each week.

If you have chronic health conditions that make it difficult to be physical activity, try to be as active as you can. Aim to do activities that help to keep your muscles strong at least 2 times each week. This can also improve your balance.



**Strengthen your muscles and maintain your balance and coordination. This can reduce your risk of falls and help keep you safe at home.**



**Good for your mental health and has been shown to reduce pain, depression, and levels of stress and anxiety.**



**Helps to prevent weight gain.**



**Manages, or may prevent certain chronic health problems like diabetes and heart disease.**



**Improves your sleep.**



**Supports recovery from injury or surgery.**



**Talk with your health care provider before you start a new physical activity or exercise plan.**

It is important to find activities you enjoy, but that you can do safely. Your doctor may be able to refer you to a physical therapist or personal trainer to learn about more activities you can do at home.

# Choose Activities that You Enjoy

Physical activities are anything that gets your body moving. Try different activities that you enjoy. Being active is even more fun with friends and family. You may find it enjoyable to walk, stretch, swim, bike, garden, or even do yoga.

To strengthen your muscle, you can lift hand weights or use resistance bands. You can even work on muscle strength when you garden or carry groceries bags.

**The more active you are, the more benefits to your health!**



## Be Safe When Active

- 1 Listen to your body.**  
If you are in pain or feel dizzy, stop the activity and rest. Call your health care provider if you do not feel well.
- 2 Drink plenty of fluids.**  
It is important to drink more fluids during the day when you are active and doing activities that make you sweat.
- 3 Prevent injuries.**  
Use safety equipment, such as a helmet, when you bike.
- 4 Prevent falls.**  
If you are unstable on your feet, find activities you can do when you sit, such as chair yoga or stretching.

Do you want to learn more about physical activity programs that support your health and help you achieve your goals?

**Just Call Your Illinois Area Agency on Aging**





# *Illinois Nutrition Programs For Age 60+*

[ilaging.illinois.gov](http://ilaging.illinois.gov)

