

# Fitness and Nutrition

Exercise is a great way to maintain your health!

Exercise may:

- Decrease your risk of falls and broken bones
- Decrease your risk of obesity
- Decrease your risk of chronic disease like diabetes, heart disease and cancer
- Help preserve your ability to live independently
- Give you energy and make you feel great

**Before you begin, consult with your doctor!**

Exercise doesn't have to be tedious, it can be fun! Try to get at least 30 minutes of moderate physical activity everyday.

Examples of Moderate Physical Activity:

- Walking
- Golfing
- Gardening
- Cleaning
- Swimming
- Jogging
- Dancing
- Biking
- Hiking
- Yoga/Stretching

# Quick Tips from the American Council for Fitness & Nutrition

- Variety is good—eat a wide variety of foods in moderate amounts to satisfy hunger and stay energized
- Start your day with breakfast—breakfast gets you going after a long night without food
- Drink plenty of fluids throughout the day—dehydration can make you feel sluggish and hungry
- Eat more grains, fruits and vegetables—these foods taste good and give you energy, vitamins, minerals and fiber
- Stop eating when you are full
- Control portions
- Make mealtime fun—engage in conversation with family and friends to make meals more about the people and the experiences than just about the food

## Additional small steps for better fitness:

Choose activities that fits into your daily life

Join a walking or exercise program  
in your local community

Choose activities you enjoy and you  
will be more likely to stick with them

Participate in a Primetime Health program  
at a local Senior Community Center or  
Area Agency on Aging



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