

TAKE CHARGE OF YOUR HEALTH THROUGH DIET AND EXERCISE

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IT'S HOW MEDICINE

SHOULD BE



- The list
- What will make the kid inside you happy?
- What will get in the way?
- What can help you succeed?
- Make one change

THE LIST: 7 Healthy Choices

1. Use less salt
2. Avoid bad fats – esp. trans-fats and saturated fats
3. Select foods that are less processed
4. Limit alcohol to 1 glass
5. Smaller portion sizes
6. Mix it up – plan your plate
7. Increase moderate physical activity

1. Use less salt

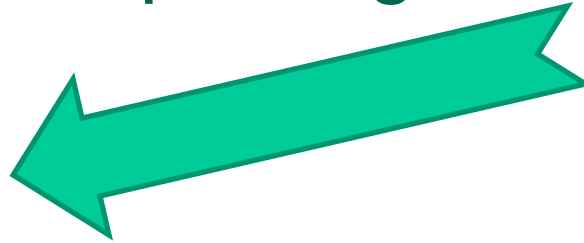
- Salt = SODIUM
- Limit: 2,200 mg Salt daily
- 2,200 mg is the same as
1 TEASPOON



Chili with Beans

Nutrition Facts	
Serving Size: 1 cup (253 g)	
Servings per container: 2	
Amount per Serving:	
Calories 260	Calories from Fat 72
	% Daily Value
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 150mg	44%
Sodium 1010mg	42%
Total Carbohydrate 22g	4%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 25g	

•The salt that is already in the package **COUNTS!**



2. Avoid Bad Fats

Eat this...

- Low fat yogurt, skim or reduced fat milk
- Olive oil, safflower oil
- Fresh fish, skinless poultry, red meat (under 4 ounces)
- Baked, steamed, barbecued foods



NOT this...

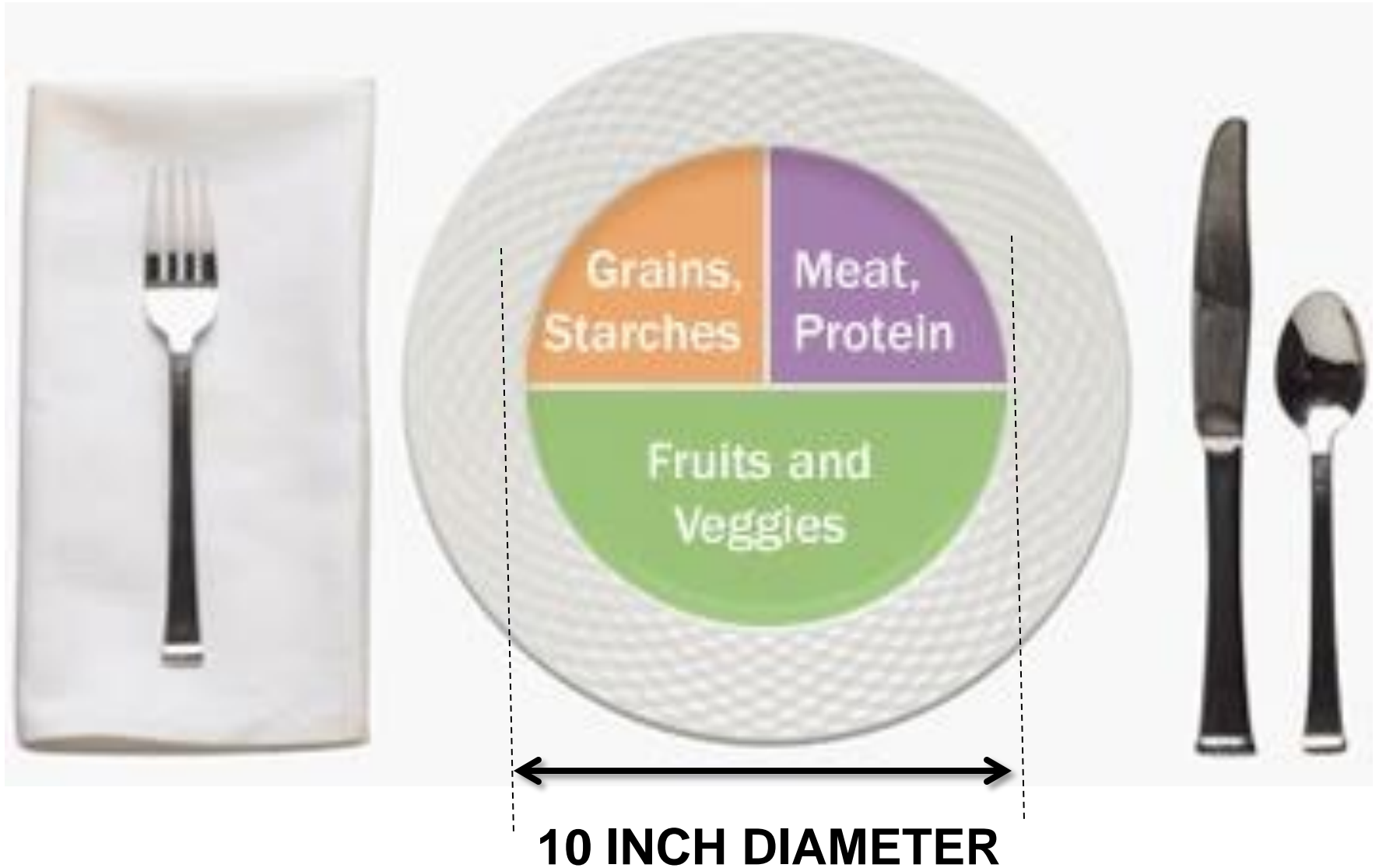
- Sour cream, full yogurt, whole milk, cream
- Lard, shortening
- Over 4 ounces of red meat per day
- Fried foods



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6. Mix it up!



7. Moderate physical Activity



Many Excuses Not To Exercise

- I'm too busy
- It's too expensive to join a health club
- I'm tired
- I have arthritis
- I'm too old
- I have heart problems
- ***What good would it do?***

FOR OLDER ADULTS...

- Improved energy levels
- Improved function and ability to handle day-to-day activities
- Reduced risk of disability

STILL MORE BENEFITS...

- Lower risk of colon cancer.
- Lower risk of diabetes.
- Lower risk of developing high blood pressure.
- Lower risk of obesity.
- Improved mood and relief of symptoms of depression.

- Reductions in arthritis pain
- Reduced risk of falls, fractures
- Reduction in risk of death from heart disease
- Reduction in all-cause mortality

DO YOU....

- Walk or propel a wheelchair
- Stretch
- Do housework
- Lift groceries
- Carry laundry
- Work in the yard

YOU ARE ALREADY
ENGAGED IN SOME
FORM OF MODERATE
PHYSICAL ACTIVITY !

- **FLEXIBILITY**

- Gentle stretching-type activities
- Help with movement, balance
- Reduce arthritis and other pain

STRETCHES

YOGA

TAI CHI

RANGE OF MOTION

- **CARDIORESPIRATORY**
 - Faster movements
 - Improve heart and lung function
 - Help lose weight
- WALKING YARD WORK HOUSEWORK
PLAYING WITH GRANDCHILDREN GARDENING

- **WEIGHTS**
 - Simple activities involving lifting extra weight
 - Strengthen muscles
 - Improve joint pain, function
 - Toning

LIFTING GROCERIES OR LAUNDRY

RAKING OR MOWING LAWN

What will make the kid happy?



Pick ONE simple action

- I will walk four blocks three times a week
- I want to try to have one piece of fresh fruit every day this week
- I will sign up for a swimming class at the Park District this week
- I will take the salt shaker off of the kitchen table
- I will wait 20 minutes after eating dinner before I get up and get “seconds”

What might get in the way?

Brainstorm: *What could you do if...*

- It is raining on the day you planned to go out and exercise
- The grocery store was out of your favorite vegetable
- Your family didn't like drinking skim milk
- You just didn't feel like doing your plan

What can help you **SUCCEED**

- Talking to a friend or family member about your plan
- Getting them involved in your activity or diet
- Posting your plan on your refrigerator or bathroom mirror where you will see it
- Picturing yourself doing your activities
- Thinking about the reasons you want to do this
- **DISCOVERING THE PLEASURE AND GOOD FEELINGS YOUR NEW ACTIONS GIVE YOU**

MAKE THE COMMITMENT TO
ONE HEALTHY STEP
RIGHT NOW

If one plan doesn't work:

- **Don't beat yourself up**
- **Figure out WHY**
- **Try another plan**
- **Don't get stuck**
- **Work with your primary care doctor to revise your plan**

Everett Hossack, 98 years old

