

Nutrition News

for Seniors



Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

Robert P. Astorino, Westchester County Executive

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"Get Moving...To Start Improving"

Making exercise, physical activity and nutritious food a regular part of your life has real-life benefits. It can improve your health and overall quality of life, as well as help you control your weight and maintain your independence as you age.

Try to include the following four types of exercise in your routine for a well-rounded workout. Just remember: safety first. Always check with your medical doctor before starting any exercise program.

Endurance Activities (aerobics)

- Choose activities that make your heart beat faster, like brisk walking, dancing or swimming.
- Try to do them for a total of 2 $\frac{1}{2}$ hours every week.
- Start slowly - as little as 5 minutes at a time. Then add on 5-10 minutes until you are able to exercise for 30 minutes most days. Talk to your doctor if you have shortness of breath or chest pain.
- **Real-Life Benefit:** Keep up with your grandchildren during a trip to the park or have fun dancing at a party.



Strength Training

- Choose activities that include weight-lifting or resistance training.
- Aim to do these exercises 2 days a week.
- Strength conditioning helps to build muscle and bone mass to improve your range of motion and endurance.
- **Real-Life Benefit:** Shop with ease and carry your grocery bags.

Balance Exercises

- Practice standing on one foot or learn tai chi ("ty CHEE"), a Chinese mind-body exercise of slow and gentle movements.
- Aim to do 3 or more days a week.
- Regular exercise with emphasis on balance is the key to fall prevention.
- **Real-Life Benefit:** Stand on tiptoes to reach for something on a top shelf or walk along an uneven path without losing your balance.

Flexibility Exercises

- Always stretch to "cool down" at the end of a workout to help relieve possible muscle and joint discomfort.
- Flexibility exercises can also help to protect against falls as well as muscle and joint injuries.
- Examples include yoga and calf and upper arm stretches.
- **Real-Life Benefit:** Bend down and tie your shoes or stretch to clean hard-to-reach areas of the house.



Other workout tips:

- Exercise with a friend. If you know your workout partner is counting on you to be part of an exercise session, you'll be less likely to cancel.
- Make exercise more of a social event. Join a dance or yoga class.

Source: www.nihseniorhealth.gov/exerciseandphysicalactivityhowtogetstarted

Outdoor and household chores help control weight!

30 Minutes of an Activity	Calories Burned
Weeding Plants	315
Vacuuming	238
Raking	225
Light Cleaning (Dusting, etc)	170
Food Shopping	156

Average calories burned based on a body weight of 150 pounds. Source: www.caloriecount.com

Need a post-workout snack?

Try one of the suggestions below. Each is an excellent source of protein and carbohydrates.

- Peanut butter and banana slices on a brown rice cake
- Yogurt and fresh berries
- Cheese and whole wheat crackers
- Turkey and cheese on apple slices
- Nut and dried fruit trail mix



Cool Off with a Banana-Pineapple Shake

- 2 cups of plain nonfat yogurt
- 1 - 8oz can of crushed pineapple in juice, not drained
- 1 ripe medium banana
- 1 teaspoon vanilla
- 1/8 teaspoon ground nutmeg
- 1 cup ice cubes



Combine all ingredients in a blender. Process until smooth. Pour into four glasses, and serve immediately. Or, cover the shake and store it in the refrigerator for up to 24 hours. Reblend before serving.

Makes 4 servings (1 cup per serving)

Calories 140, Total Fat 1g, Protein 8g, Carbohydrate 27g, Dietary Fiber 1g, Sodium 95mg.

Source: Diabetic Cooking, Vol.1, No.81, May/June 2012.

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