Young at Heart

YOUR CHECKLIST FOR BETTER HEALTH

Adding healthy habits to your daily routine can help keep you active and strong as you age. To stay young at heart, use the checklist below to create new practices that may help you look and feel good in the years to come. It's never too late to improve your health!

TIPS FOR OLDER ADULTS

✓ **Jumpstart your day with breakfast.** Try a high-fiber cereal topped with berries.

✓ **Select nutrient-dense foods.** Choose colorful fruits and vegetables, fat-free milk and cheese, whole grains, seafood, lean meats, poultry, eggs, beans, nuts, and seeds.

✓ **Get at least 150 minutes of aerobic exercise a week.** Walk briskly, bike, swim, hike, play tennis, chase your grandkids, do water aerobics, dance.

✓ **Split bulk items or fresh produce** with friends if you are on a fixed income.

✓ **Drink water throughout the day** even though you may feel less thirsty as you age.

✓ **Share an entrée** to control portion sizes. Or save half of your meal for tomorrow.

✓ **Strengthen your muscles twice a week** to ward off frailty and muscle loss. Climb stairs, mow the grass, rake leaves, dig in a garden, lift weights, use an exercise band.

✓ **Check with a health care provider or dentist** if you have trouble chewing, lose your appetite, or find that your favorite foods don't taste good anymore.

✓ **Avoid sitting for long periods** in front of a TV or computer. Stand up and move around.

✓ **Improve balance and flexibility three times a week.** Try yoga or stretching exercises to help you reduce stress, stiffness, and the risk of a fall or injury.

✓ **Limit drinks and foods with fats and added sugars.** Drink fat-free milk instead of sodas. Avoid foods with butter, shortening, and other solid fats.

✓ **Put down the salt shaker.** Cut salt to 2/3 teaspoon a day.

✓ **Be good to yourself.** Get enough sleep. Lift your spirits by enjoying friends and family.

For more materials on healthy habits, call the Weight-control Information Network at 1–877–946–4627 or visit *http://www.win.niddk.nih.gov*.

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