

## Benefits of Exercise<sup>3</sup>

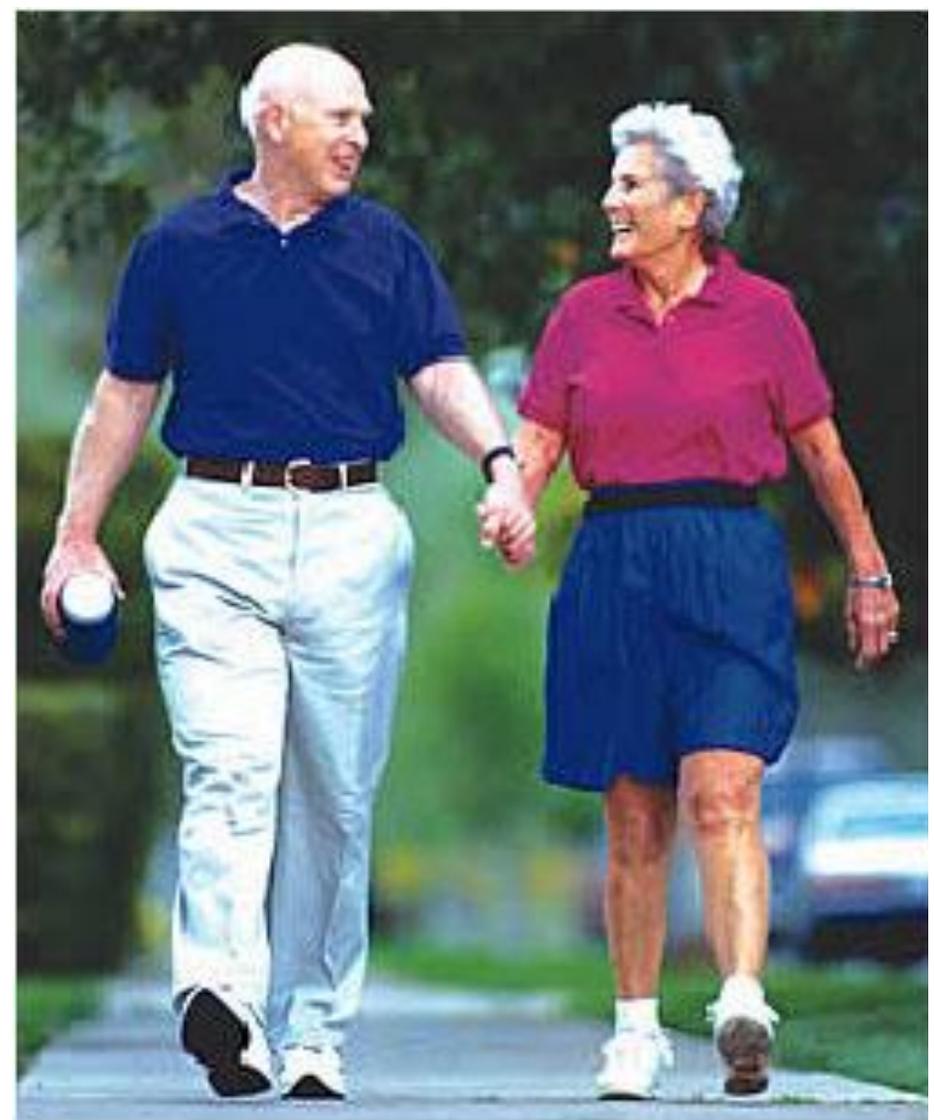
- Improves blood pressure
- Improves congestive heart failure symptoms
- Improves sugar levels
- Increases bone strength
- Decreases risk of falling
- Improves Function
- Decreases pain
- Improves sleep quality
- Improves cognition
- Decreases depression rates
- Improves endurance
- Improves strength
- Decreases hospitalization
- Decreases risk of fractures

### Strength Training<sup>4</sup>

- Strength training should take place on 3 days of the week with an off day in between.
  - Switch between lower and upper body exercises.
  - Warm-up prior to exercise and cool down following exercise.
  - Examples:
    - Warm-up: 5 minute walk, bike or stair stepper
    - Training: squats, wall pushups, sit to stand, step ups, and resisted movements.
    - Cool down: stretching
- ★ Talk to your doctor before starting a strengthening program

### Endurance Training<sup>5</sup>

- Endurance training should take place 3-5 days a week for 30-60 minutes of moderate exercise.
  - Examples of moderate exercise:
    - Walking
    - Light cycling
    - Water Aerobics
  - Examples of moderate activity:
    - Slow Dancing
    - Gardening
    - Housework
- ★ Talk to your doctor before starting an endurance program



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- 3.) Neid RJ, Franklin B. Promoting and prescribing exercise for the elderly. *Am Fam Physician*. 2002; 65(3): 419-427.
- 4.) CDC. Growing stronger- strength training for older adults. <http://www.cdc.gov/physicalactivity/growingstronger/exercises/stage3.html>. Updated February 24, 2011. Accessed June 28, 2011.
- 5.) ACSM. *ACSM's Guidelines for exercise testing and prescription*. 8<sup>th</sup> ed. Philadelphia, PA: Lippincott, Williams & Wilkins; 2010.

# Staying Healthy For a Lifetime

## Changes to the Body as you Age

As you get older your body changes in ways that affect how you live and move. Some of these changes are<sup>1</sup>:

- Amount of muscle decreases
- Amount of fat increases
- Muscle strength decreases
- Bone strength decreases
- Endurance decreases
- Balance Decreases
- Flexibility Decreases

All of these changes can be slowed or stopped with proper nutrition and regular exercise.

## Importance of Diet and Exercise

Diet and exercise are an important part of staying healthy throughout your life and they become even more important later in life to reverse the body changes that happen with aging. Healthy living can decrease the risk of developing heart, lung, and bone disease as well as help with bowel/bladder problems.



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## Guide to Healthy Eating<sup>2</sup>

- 1.) **Eat a good breakfast-** examples include fruits, low-fat milk, hot or cold cereal, and low-fat cheeses.
- 2.) **Eat protein-** examples include lean meats such as skinless chicken, fish, and lamb; eating eggs once in a while.
- 3.) **Drink plenty of water-** drinking coffee, tea, and alcohol decreases water in the body.
- 4.) **Fiber is good-** good sources of fiber include whole grains, raw fruits/vegetables, and beans.
- 5.) **Talk to your doctor before changing your diet.**

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