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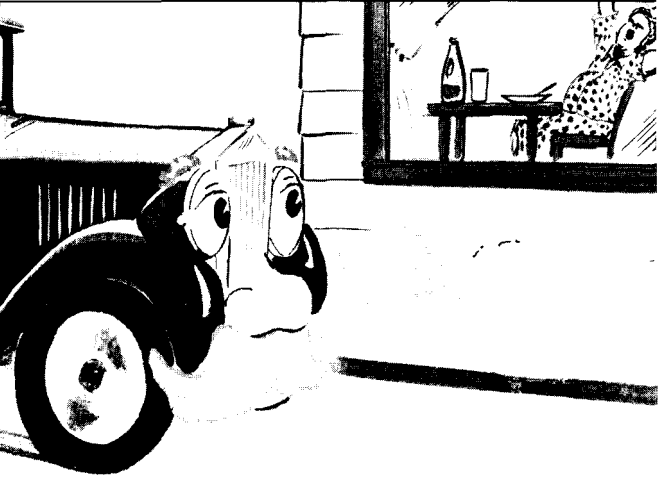
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Nutrition for Seniors



Keeping Mobile

*Plan your daily route
for physical fitness
and social activity.*



Plan each day to get out, keep in touch with friends, and see what is going on. Your body will function better.

Here are some ideas—

- **Walking is excellent exercise. For safety and companionship ask a friend to join you. In the winter, shopping centers are good places to walk.**
- **Get out to see the seasonal changes in nature and enjoy the beauty.**
- **Learn new recreational skills and practice the old skills such as bowling, bicycling, swimming, skating, or dancing.**
- **Share cleaning and gardening chores with a friend. Conversation can make the work more pleasant.**

Arthritis can interfere with activity. There are no foods that should be eaten or avoided or special diets to follow. Select foods from the daily food guide to provide the best nutrition. If pain interferes with your appetite, talk to your doctor.

Keep your weight under control so you can stay as active and flexible as possible.

Basic metabolism decreases as you grow older. Many people gain weight—not because they are eating more, but because they need fewer calories even though their activity level remains the same. Many also decrease their activity, increasing the rate of weight gain.

Inactivity and a long-term deficiency of calcium in the diet may contribute to osteoporosis, a form of bone loss in older people, especially women. The bone loss may be great enough to cause loss of height, back pain, or a tendency to spontaneous fractures such as broken hips.

Keeping active and including good sources of calcium in your meals are two healthful habits. Using milk as a beverage is the best way to get calcium. Select some of these foods each day.

- *Milk—whole or low-fat, skim, buttermilk*
- *Cheese—natural or processed*
- *Cream soups, Custards, Puddings*

Wear comfortable, loose clothing and shoes that fit. Loose shoes are more apt to cause blisters

**Take the right way.
Check out your body
and stay in shape.**

The Positive Results of Activity Include:

- *Better circulation*
- *Healthier heart muscle*
- *Better digestion; relief from gas and constipation*
- *Better rest and relaxation*
- *Better muscle tone*
- *Improved mental health*
- *Maintenance of flexible joints*

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