

NUTRITION TO GO

Healthy Habits

As you age, it is important to focus on healthy habits that help your mental and physical health. It is never too late to start a new healthy habit! Try one of the ideas below to help keep you healthy as you age.

Make healthy food choices.

For example, try adding one more serving of vegetables to your day or making half your grains whole grains each day.

Be active more often.

Exercise lowers your risk for falls and chronic diseases. Try to exercise at least 30 minutes most days of the week.

Get quality sleep.

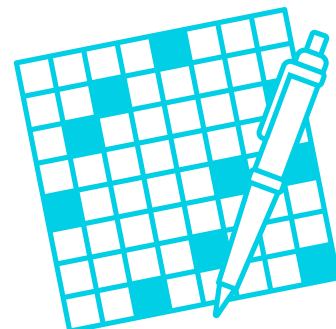
Try to get 7 to 8 hours of sleep each night. This will help refresh your brain and give you energy for the next day.

Stay connected.

Call or video chat with family and friends to stay connected. Being social helps your mental health and lowers your risk of loneliness or social isolation.

Challenge your brain.

Do more crossword puzzles, bingo, board games, painting, arts and crafts, storytelling and computer activities to help your mental or brain health become stronger.



4 Tips to Help You Make & Keep Healthy Habits

1

Choose one healthy habit.

Decide what you want to change to improve your health and make sure it is realistic. Start with a small healthy habit that you believe you can do.

2

One large healthy habit can seem stressful.

Break a big healthy habit into a smaller, specific change that will fit into your schedule. For example, change "I will eat better" into "I will eat one more piece of fruit each day."

3

Make sure the healthy habit you set is easy to measure.

The specific change should answer the questions "How much?" and "How many?". This will help you track how well you are doing with your new healthy habit and help you make changes to your plan as needed.

4

Think about barriers.

Barriers can get in the way of your healthy habit. Make a list of barriers that could happen and how to avoid them. If a new barrier comes along, do not quit! Think of ways you can overcome that barrier and keep working towards your new healthy habit.