



Food Hero for Older Adults

Focus on Moving More



It's never too late to move more. Any amount and type of activity can benefit people at all stages of life.

Moving more each day can make it easier to do tasks such as grocery shopping and preparing meals.

Choose to move in ways that you enjoy and that fit into your daily routine.

Make activity snacks social by including a friend or family member.

Hourly activity snacks can help you meet the Physical Activity Guidelines.

Move more throughout your day.

Break up your sitting time with activity snacks!

Activity snacks are one or two minutes of movement that make you breathe harder and get your heart pumping. Include them throughout your day to reduce the amount of time you are not moving.

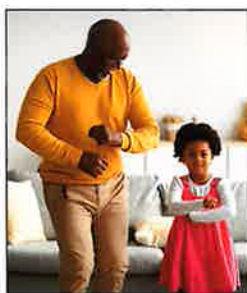
Activity snacks are a quick and fun way to care for your health.

By interrupting and reducing the time you spend being still, you can manage your risk for a variety of health problems, including high blood pressure and other cardiovascular disease, diabetes and loss of strength.

Activity snacks include all sorts of movement such as routine chores or tasks, hobbies and exercises.



Sweeping



Dancing



Gardening



Stair Steps



Knee Lifts



Arm Raises



Sit to Stand



Heel Taps

Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of **moderate intensity** activity, such as brisk walking.
- At least **2 days a week** of activities that **strengthen muscles**.
- Include activities that **improve balance**, such as standing on one foot.

Classics Stay Strong

Activity snacks are a good way to add movement if you haven't been active for a while.

Mix up your activity by using different muscle groups such as arms, shoulders, legs and hips.

Try setting an activity goal that is manageable and that you can be excited about.

Drink water or other unsweetened beverages for good hydration.

Try planning for easy and delicious food snacks when you plan your meals.

Tips for Activity Snacks

Get up and move your body for just a few minutes at a time! Anything that gets your heart beating faster and your muscles working harder counts. A little movement is better than none.

Set a timer to move every 30 to 60 minutes. If you're already moving, great! If not, help yourself to an activity snack in your home or outside.



Pause regularly and move around to interrupt your sitting time when watching a screen or reading. Try an exercise for arms or legs, with or without weights.



Make active choices! Activity snacks can include taking the stairs instead of the elevator, moving yourself to the mailbox rather than driving, or parking farther away at the store.



Set a Daily Goal

How will you add activity snacks into your routine each day? Write down a few activities you can do and when you will do them to break up your time sitting still.

Activity #1: _____ How long? _____ When? _____

Activity #2: _____ How long? _____ When? _____

Activity #3: _____ How long? _____ When? _____



How about food snacks?

Food snacks make it easier to get enough daily nutrients. If you find yourself eating smaller meals, include a snack between each meal. Try cottage cheese with fruit, deviled eggs, a smoothie or toast with peanut butter.