

National Child Safety Council

senior safe[®]

Healthy Lifestyles

- Diet
- Nutrition
- Exercise



Presented by

**National Child
Safety Council**

and your local

**Law Enforcement
Department**



Healthy Lifestyles



Eating to Live

Today, health researchers tell us that the best diet is built on a foundation of complex carbohydrates (*whole or fortified grains, rice, and pasta*) along with abundant fresh fruit and vegetables, and much smaller amounts of meat, poultry, and whole-milk dairy products.



Eating to Live

For those of us who grew up on meat and potatoes (*with butter and sour cream*), that's a big change.

And it's not always a fast change – it takes time for tastes to adapt.

But it's an important adaptation, because it can add years to our lives.

Healthy Lifestyles



Eating to Live

A healthy diet adds healthy years of active, energetic days, and greatly decreases the chances of a physically limited, debilitated retirement.

Only 1 in 10 people regularly eats enough fruits and vegetables.

Healthy Lifestyles



Exercise

Walking

The best exercise program is the one that's comfortable, easily accessible, and combined with the companionship of people you enjoy.

Seniors aged 65+ account for the most pedestrian fatalities.



Exercise

Walking

The best program is the one that's right for you and one that you'll perform consistently at least 30 minutes a day.

Physicians and physical therapists agree that for all-around great benefits, nothing is better than walking.

Outdoor walkers should walk in groups.



Exercise

Walking

Except for good shoes, walking for exercise requires no special equipment or preparation.

- **Walk on the left-hand side – facing traffic.**
- **Always obey traffic signs and symbols.**



Exercise

Walking

- **Use crosswalks & watch for turning cars.**
- **Watch out. Never assume a driver can see you.**
- **Be careful during very hot or cold weather and air quality alerts.**



Exercise

Jogging/Running

While jogging and running have their advocates, it takes time and persistence to build those exercises to maximum benefit.

Jogging and running can be hard on:

- older knees
- hips
- legs
- backs
- even causing injury

Healthy Lifestyles



Vitamins & Supplements

It has been determined that there are 13 vitamins and 10 minerals that our bodies cannot function without.

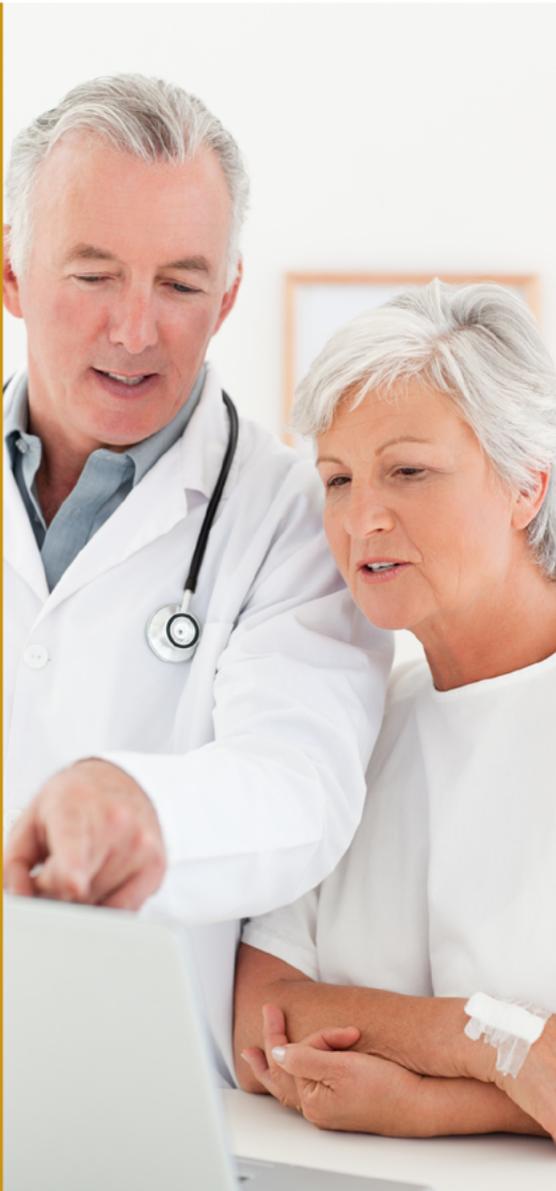
Most of these nutrients we can consume in the foods we eat.



Vitamins & Supplements

As we get older, some changes in how we absorb and utilize nutrients occur, creating a deficiency that can result in:

- **fatigue**
- **depression**
- **confusion**
- **memory loss**
- **nerve damage**
- **and dementia**



Vitamins & Supplements

In addition to your healthy diet, you may want to add vitamin or mineral supplements or fortified foods to make up for some of the nutrition that you are missing.

Discuss it with your own physician.

Most doctors agree that a single, once-a-day supplement is a good idea.



Vitamins & Supplements

Special Diets

Changes in digestion and special diet requirements can make Seniors feel that everything they like is out-of-bounds. Special diets may be:

- low fat**
- low cholesterol**
- low salt**
- high or low protein requirements**



Vitamins & Supplements

Special Diets

Depending on fast food and frozen meals is not only expensive, it's not very healthy.

If you dine alone, find local breakfast and dinner clubs or participate in senior center meals and activities.

Healthy Lifestyles



*Whatever you do -
Keep Moving!*

Regular physical activity can help the body maintain, repair, and improve itself at any age.

- **Weak muscles lead to falls.**
- **Exercise can make it easier to breathe and move.**

Healthy Lifestyles



*Whatever you do -
Keep Moving!*

It strengthens muscles, improves circulation, lowers blood pressure, slows osteoporosis, controls weight, improves energy, and improves sleep.

Exercise even decreases stress and depression.

People who exercise look and feel better than people who don't.



*Whatever you do -
Keep Moving!*

Stay Active

- **Walk instead of driving.**
- **Instead of phoning a friend, walk with them.**
- **Take the stairs instead of the elevator.**
- **Park farther away from the store.**
- **Alternate using a push mower and a rider.**



Whatever you do - Keep Moving!

Suggested Exercises

Aquatic exercise is a great way to exercise. It's particularly comfortable for the overweight, out-of-shape, or those who have arthritis because the water supports your body during the workout.

- **However, aquatic exercise does not help prevent osteoporosis. It doesn't put enough stress on bones to create new growth.**

Healthy Lifestyles



*Whatever you do -
Keep Moving!*

Also try:

- ✓ low-impact aerobics
- ✓ running
- ✓ jogging
- ✓ cross-country skiing
- ✓ yoga
- ✓ pilates
- ✓ t'ai chi
- ✓ swimming
- ✓ dancing
- ✓ bowling
- ✓ cycling
- ✓ rowing
- ✓ golf



7 *Exercise Tips*

- 1. Check with your doctor** before starting a new exercise program.
- 2. Use exercise programs** designed specifically for you if you have any special conditions, including arthritis or a joint disease.

Be alert to changes in your performance and have injuries checked out right away.



7 Exercise Tips

- 3. Start slowly**, with 10 or 15 minutes or whatever time is comfortable, and gradually build up to 45 minutes to 1 hour, 3 times a week.
- 4. Warm up slowly**, stretch gently, and cool down at each session.

Studies show that seniors tripled leg muscle strength by exercising with weights.



7 *Exercise Tips*

5. Rest whenever necessary. Don't push and don't overdo!

6. Drink plenty of water.

7. Avoid outdoor exercise during the hottest part of the day. (*Exercise before 10:00 a.m. and after 4:00 p.m.*)

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National Child Safety Council has developed senior safe[®] materials geared specifically to the needs of today's active Senior.

The senior safe[®] materials make it easy for law enforcement departments or other community groups to present vital information for daily living and safeguarding lives to a group of Seniors in any setting.

For a complete list of NCSC senior safe[®] materials and other programs, visit www.nationalchildsafetycouncil.org or call 1-800-327-5107.



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