

The Fountain of Youth: Physical Activity

Physical activity provides many benefits to the older adult, including maintenance of balance and flexibility, increased aerobic capacity and overall fitness, improved cognitive performance, and greater psychological well-being.

Exercise is pertinent to building and maintaining muscle mass as an adult, but it is important to recognize that physical activity also increases caloric needs. Consuming more calories through food increases the chances of optimal nutrient intake, thus it is essential that diet and exercise are treated as equal priorities.

The American Heart Association and American College of Sports Medicine recommend that older adults follow an exercise regimen as follows:

- ⇒ Muscle strengthening involving all major muscle groups on 2 or more days a week
- ⇒ At least 150 minutes per week of moderate intensity aerobic activity (walking, gardening, aquatic exercise, etc.)
- ⇒ Flexibility exercises at least 2 times per week



References: <http://www.acsm.org>, <http://www.eatright.org>, <http://www.heart.org>

No items are needed, but if desired, these may assist in an at-home exercise routine:

1. Resistance bands
2. Water bottle
3. Hand weights
4. Yoga mat



Health Considerations

Please consult your doctor before beginning any new exercise routine, as your health may be at risk

Nutritious food choices add color to any diet

Plum Crisp

Ingredients

FRUIT MIXTURE

6 to 8 medium fresh or dried plums, sliced

1/2 cup sugar

1/4 cup all-purpose flour

1/4 teaspoon cinnamon

TOPPING

1/3 cup all-purpose flour

1/3 cup rolled oats

1/3 cup firmly packed brown sugar

1/4 cup margarine or butter, cut into pieces



Directions

1. Heat oven to 375°F. In large bowl, combine plums, sugar, 1/4 cup flour and cinnamon; toss to mix. Spoon into ungreased 8-inch square pan.

2. In medium bowl, combine 1/3 cup flour, oats and brown sugar; mix well. Using fork or pastry blender, cut in margarine until mixture resembles coarse crumbs. Sprinkle evenly over plum mixture.

3. Bake at 375°F. for 35 to 45 minutes or until golden brown. Serve warm or cool.

Serving size: 1 square ; **Calories:** 310 ; **Fat :** 9 g

Saturated Fat: 2 g ; **Sodium:** 95 mg ; **Total Carbohydrate:** 45 g ;

Dietary Fiber: 3 g ; **Protein:** 3 g ; **Calcium:** 2% ; **Iron:** 6%

Recipe retrieved from: <https://www.tablespoon.com/recipes/plum-crisp/>

Recommendations for Daily Physical Activity

Taking a brisk walk with the dog

An occasional game of tennis

Rooting around in the garden

Taking photos on a hike

Cleaning the house

Playing with the grandkids

Walking the golf course

Taking the stairs

Body-weight exercises, such as air squats or lunges, during commercial breaks



Good news about everything that's good to eat!



Southwestern Idaho

Administrative Offices

3562 South TK Ave.

Boise, ID 83705

Eastern Idaho

555 South 1st. Ave.

Pocatello, ID 83204

(208) 233-8811

North Central Idaho

3331 10th St.

Lewiston, ID 83501

(208) 746-2288