



Walk, Dance, Play...Be Active Every Day!

Tips for Older Adults

Be Active in Cold Weather

- Shopping malls often open early for people to walk. Check with local schools to see if they allow people to walk in their hallways before or after school.
- Put your favorite music on the stereo or TV and find an open area in your home to dance.
- Take the stairs, even if it is only one flight. If you are with children, it's fun to count each one, or sing "one, two, buckle your shoe..."

Be Active in Warm Weather

- Take a walk to the park with your grandchildren or neighborhood friends. Or just walk around your block!
- Gardening and lawn work are great ways to be active and are very satisfying.

Be Active Every Day

Children and adults should get at least 60 minutes of moderate physical activity every day. Try to be active for at least 10 – 20 minutes at a time. If you have a health problem or pain when you are active, see your doctor for ideas on how to be as active as you can.



Eat Well to Be Active

- Water is very important for keeping your body hydrated, cooling your body in the summer and moving nutrients around the body.
- Being well hydrated can prevent constipation, colds and other illness and helps medications work better.

Tips for Getting Enough Water

- Add a lemon slice or a few slices of cucumber to a glass of water for a refreshing flavor.
- For very cold water you can take with you, fill plastic bottles $\frac{1}{4}$ full of water and freeze, then fill with fresh tap water.
- Always have a glass of water with your meals. Increase the size of the glass a little each day, as you adjust to drinking more water.

Orange Cream Float

1 cup 100% orange juice
1 cup clear sparkling water or club soda
2 small scoops of vanilla ice cream

Pour half the juice and sparkling water into each of two glasses. Place a scoop of ice cream into each glass. Enjoy with a straw or a spoon – or both! Makes 2 servings, one for you and one to share with your grandchild or a friend!

Nutrition information (per serving): 188 calories, 3 g protein, 7 g fat, 29 g carbohydrate.

This tipsheet was developed with funding support from the National Food Stamp Program, USDA. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local Food Stamp Office. UW-Extension is an equal opportunity provider and employer. 01/03

