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Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Physical Activity Will Keep Us Healthy

For older adults, regular physical activity is a critical part of staying healthy. People who are active tend to live longer, feel better, and maintain their independence.

What are the benefits of exercising?

- Prevents bone loss
- Decreases the risk of health problems like heart attack and stroke
- Increases muscle strength
- Improves balance and coordination, reducing the likelihood of falling
- Keeps joints moving and reduces arthritis pain
- Increases ability to carry out household chores.
- Improves energy levels and mood.
- Helps control weight and blood pressure
- Improves sleep quality.

How to get started?

If you are ready to get started, it's a good idea to talk to your doctor first.

- Pick activities that are fun and meet your



needs. If you choose to walk, find a place that has a smooth flat surface that is safe and provides plenty of light.

- Start slow and build up to thirty minutes or more per day.
- Finding an exercise companion may help you stay motivated.
- Drink plenty of water
- Stop the activity if you experience pain, dizziness, or shortness of breath.

For more information:

<http://www.heart.org/>

<http://go4life.niapublications.org/>

<http://www.cdc.gov/physicalactivity/>

Tips for Smart Shopping

Planning ahead can help you get the most for your money when you shop.

Before you shop, try these steps.

- Keep a list on your fridge, and write things down when you get low.
- Check the pantry for staples like flour and sugar before you shop.
- Plan your meals. Add to your list all the foods you will need to prepare them. Plan to buy enough ingredients to cook more than one meal and then freeze meal-sized portions.
- Buy only the items on your list and what you will really use.
- Don't shop when your hungry to avoid impulse buys.
- Use coupons only for the things you would have bought anyway.



If you don't have enough money to buy food consider these options.

- Supplemental Nutrition Assistance Program (SNAP) helps people buy foods. Call (502) 564-7050 for more information.
- Senior Farmers' Market Nutrition Program can help you buy fresh fruits and vegetables. Call (502) 573-0282 for more information.
- Congregate meals are available at the senior centers in your area.

Contact your local Area Agency on Aging and Independent Living for more information about resources in your area.

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<http://chfs.ky.gov/dail/default.htm>