

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



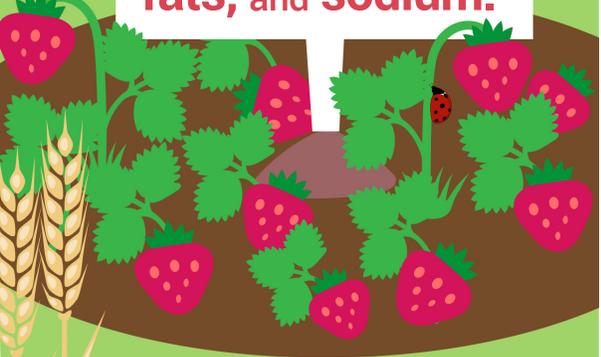
Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

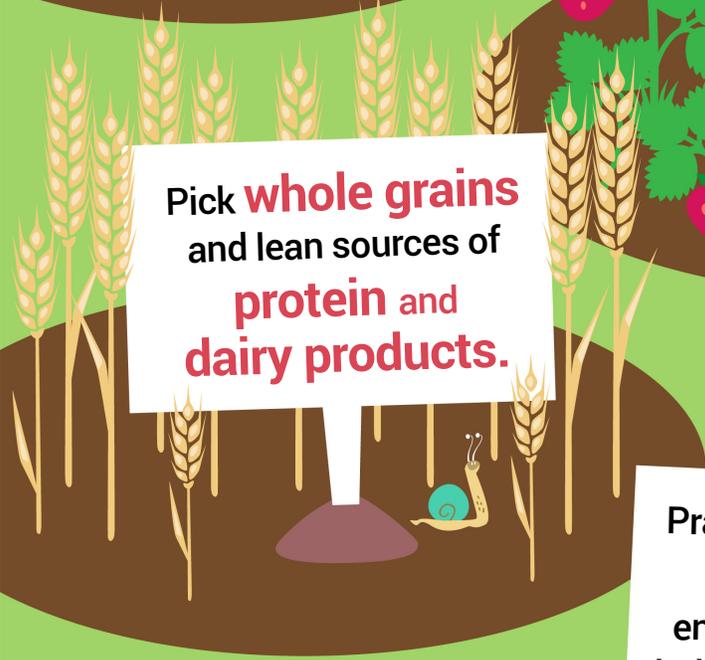
Try to be physically active for at least **30 minutes** on most or all days of the week.



Eat plenty of
fruits and
vegetables.



Choose foods that are
low in **added**
sugars, saturated
fats, and sodium.



Pick **whole grains**
and lean sources of
protein and
dairy products.



Practice all **4 types**
of **exercise**—
endurance, strength,
balance, and flexibility.

For more information about healthy eating
and exercise, go to go4life.nia.nih.gov.