

## The Right Habits For Aging Well

How we age is a product of heredity and habits. And while we can't do a great deal about our heredity, we have a tremendous amount of control over the more important factor—habits. Because age is all about time, it is also about accumulation—and what you accumulate over time has a lot to do with your quality of life.

Are you accumulating stress, strain, tension, toxins, injuries, and poor attitudes? These will inevitably result in poor health and will become magnified over time. On the other hand, are you accumulating the effects of proper nutrition, water, rest, mental exercise, physical exercise, good posture, and positive attitudes? Over time, these will create a much different outcome.

## Staying Physically Healthy for Work & Life

tips for the long journey

**T**he following tips and strategies can help you eat right and stay active well into your golden years. Try to find ways that you can incorporate the following tips into your daily life.

### Food

**Be aware of what you eat.** Think about what you are eating. Know that each bite is important and results in either fuel for the body, or stored fat.

**Eat a balanced diet.** Choose a variety of foods from fruits, vegetables, breads and cereals, along with your meat serving. Think “little little little” vs. “lotta lotta lotta.” Small servings of many things work to keep you balanced.

**Monitor your snacking habits.** One 12-ounce soda is approximately 160 calories, and a candy bar varies from 250-400 calories. Cut back on snacks and eating between meals!

**Eating away from home.** Almost half of your meals may be eaten away from home. Choose low-calorie foods like salads or fruits to include in your work and restaurant eating.

**Use other rewards for being good, or for coping with stress.** Develop other rewards. Shop or spend time doing a hobby. Learn deep breathing or other stress-reducing responses.

### Exercise

**“Use it or lose it.”** You lose muscle mass and strength as you age. Exercise slows the loss and rebuilds muscle. You can regain most of your lost strength with regular large muscle movement.

**Build activity into all work and play/recreation activity.** Increase your physical activity at work—walking during breaks, stretching at your workstation, exercising during your lunch hour and after work. Include at least one recreation activity each day requiring moving around like walking the dog, gardening, riding a bike, and playing a sport involving walking or running.

**Resistance or overload is required for maintenance.** Look for ways to lift, push, pull, and move things that exercise the large muscles of your legs and back.

**Continuous motion is required for endurance.** Think of ways to get 30 minutes of movement per day, in 5-minute increments or more. These add up to your needed 30 plus minutes of movement daily.

**Think more and not less for success.** You need to create activity each day that adds over 300 burned calories to your daily routine. An hour of walking, or a combination of walking and lifting weights, is the ideal way to burn these calories.





# Getting Fit

what it takes...

**If you've decided to get a little more fit, congratulations**—it's an important health decision that most of us should be making. To be sure, it won't happen by accident, but with a little friendly support and a well-crafted plan, you can get off to a fast and meaningful start.

## It's All In The Planning: Why Planning Is An Important Part Of Getting Fit

- It gives your ideas credibility
- It forces you to get specific about what you're going to do and when
- It makes you go on record and holds you accountable
- It helps to identify possible pit falls and how you'll avoid them
- It allows you to set priorities
- It forces you to be realistic
- It allows you to track your success
- It reminds you why you're doing it when times get tough

You can use the chart in the side column of this page to help you begin your planning process. The questions are designed to get you thinking about what your motivation is to get fit, how exactly you will accomplish it, and who you'll depend on for help when times get tough.

## Crafting The Plan

You can use the following chart to help you begin the planning process. The questions are designed to get you thinking about what your motivation is to get fit, how exactly you will accomplish it, and who you'll depend on for help when times get tough.

My primary motivation for exercising is:

---

I plan to begin exercising on (month & day):

---

The people who will help me accomplish my goals include:

---

I will keep track of activities and progress by:

---

The steps that I need to take in order to get started are:

---

Things that will keep me from achieving my fitness goals include:

---

