

SENIOR NUTRITION NOTES
Washtenaw County OCED
415 W. Michigan Ave., Ypsilanti, MI 48197
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***Making Exercise a
Fun Part of
Your Life:***

Whatever your age or fitness level—even if you’ve never exercised a day in your life before—there are simple, fun ways to add more movement into your life and start to feel better, look better, and enjoy life more.

Exercise is as effective as antidepressant medication at relieving depression and boosting your mood. It can also help you to relieve stress and anxiety, improve your self-esteem, sleep better, and cope with life’s challenges in a healthy, positive way.

Start slow and gradually increase your activity level. Start with an activity you enjoy, go at your own pace, and keep your goals manageable. Accomplishing even the smallest fitness goals will help you gain body confidence and keep you motivated.

If you have any concerns about your health and nutritional needs consult a health care professional.

Tips for Exercising with Limited Mobility:

- ✓ Make exercise part of your daily life. Plan to exercise at the same time every day.
- ✓ Stick with it. It takes about a month for a new activity to become a habit.
- ✓ Focus on short-term goals, such as improving your mood and reducing stress, rather than goals such as weight loss, which can take longer to achieve.
- ✓ It’s easier to stay motivated if you enjoy what you’re doing, so find ways to make exercise fun. Listen to music or watch a TV show while you workout, or exercise with friends.

Staying safe when exercising:

- ✓ Stop exercising if you experience pain, discomfort, nausea, dizziness, lightheadedness, chest pain, irregular heartbeat, shortness of breath, or clammy hands. Listening to your body is the best way to avoid injury.
- ✓ Avoid activity involving an injured body part. If you have an upper body injury, exercise your lower body while the injury heals, and vice versa.
- ✓ Warm up, stretch, and cool down.
- ✓ Drink plenty of water. Your body performs best when it’s properly hydrated.

Adapted from “Tips for People with Injuries and Disabilities”

<http://www.helpguide.org/articles/exercise-fitness/easy-ways-to-start-exercising.htm>