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.

National Institute on Aging