

August



HEALTHY AGING

Exercise and good nutrition promote health and quality of life.

Scientists have yet to discover a fountain of youth, but spiritual discipline, regular exercise and a healthful diet provide the best resources for staying as healthy as possible as we age. Some of the physical decline associated with the aging process is accelerated by a sedentary life style and poor nutrition.

As we age, regular physical activity slows physical decline in many important ways. Both endurance exercise and strength training improve stamina, blood sugar regulation, blood pressure and artery health. Strength training improves muscle size and strength, and prevents the frailty that can lead to falls and broken bones. Exercise expends calories, which allows you to eat more food and thus get more nutrients from your diet. Eat and drink after exercise or any physical activity. Choose a protein and carbohydrate snack or beverage or a light meal. And don't forget fluids. It is important to remember that thirst becomes a less-reliable indicator of hydration with age. So load up on the water.

Nutrition needs change with age. Some things improve with age; unfortunately, the function of the digestive system is not one of them. The body's ability to absorb nutrients from food decline with age. As a result, this is the challenge: Choose foods that are rich in nutrients: **fruits**, **vegetables**, **whole grains** and **lean protein**, **plant foods**, **root foods**, load up on them. Older adults generally need fewer calories per day; use that space wisely by consuming healthy food. Avoid "empty" foods, in other words, foods with very little or do not have any nutritional value. Your body will thank you. Because the digestive system slows with age doctors often prescribe supplements such as vitamin D, vitamin B12 and calcium to supplement a healthy diet. Check with your doctors and make yourselves aware of the general changes that take place within your bodies during the aging process and prepare yourselves for these changes. The aging process should include a positive vision of an effectively nutritious diet and physical activity. Be prayerful, be wise, be healthy.

If you should have any questions please see **Brother Sims**