

Seniors: Benefits of Healthy Eating, Fresh Air and Exercise

For seniors, the benefits of healthy eating and exercise may include increased mental wellness, higher levels of energy and a stronger immune system. Eating green vegetables, fruit and fish can help to keep the mind razor-sharp and muscles, bones and organs thriving. Breakfast is the most important meal of the day and often it is the meal we miss. Jump starting the day with breakfast can help you maintain a healthy body weight and can benefit everyone-children, teens and adults.

Most people spend 90% of their time indoors and some cannot get outside at all. Fresh air can lower body temperature, refresh our cells, helps our lungs function and improve our sense of well being. If you stay indoors most of the time, here are some things you can do to “revive the air you breathe”. Take breaks outside in the fresh air and open windows whenever it is possible. Place indoor plants throughout your home because they provide a source of oxygen. Rest out on your deck with a good book to enjoy some sun. Getting fresh air can help you feel better both physically and mentally.

Exercise is important for healthy joints and walking can be one of the easiest exercise choices. Exercising your joints daily helps keep them lubricated and mobile. Also, it helps build strength and maintain flexibility while keeping your bones healthy. So keep moving, your joints will thank you for it!