

Including fruits and vegetables from all colors of the rainbow can provide you with important vitamins, minerals, and fiber.



Make your meals colorful!



Nutrition

Choose whole-grains foods.

Whole-grains foods (bread, pasta, rice, and cereal) to increase the amount of dietary fiber you eat. Fiber can help to lower your cholesterol and makes you feel fuller longer.



Nutrition



Nutrition

Avoid adding salt to your meals.

Instead, try fresh
herbs and seasonings
to add salt-free flavor
to your dish.



Include other forms of protein.

Add protein from beans, lentils, nut butters, and eggs into your diet. These foods are healthy source of protein, and often, less expensive and quick to prepare!



Nutrition

Staying active
can help you feel
less isolated
and make you
healthier.



Stay active!



**Physical
Activity**

The best way to do
get in 20 minutes of
activity is to do things
you enjoy, such as
walking, gardening,
or doing yoga.



Be active at least 20 minutes each day.



Physical Activity

Contact an activity programs near you.

Contact your local
YMCA, senior center, or
Area Agency on Aging
to learn more about
physical activity
programs near you.



Physical Activity

Pick up the phone
and chat. Now may
be a good time to
try video phone
technology.



Stay in touch with family and friends.



**Mental Health
Social
Connectedness**

Connect with local social groups.

Connect with your local church, public library, senior center or Area Agency on Aging to learn about social groups you can join.



Mental Health Social Connectedness

Exercising your mind.

Exercising your mind
is as important as
exercising your body.
Focus on what makes
you feel happy and find
time to relax.



Mental Health Social Connectedness