

Let's Get Moving: Strength Exercise

1. Find a stable chair to sit on.
2. Grip weights or a weighted object (such as soup cans or bottled water) in your hands with your palms forward.
3. Start with your hands at shoulder height and arms bent at 90 degrees.
4. Straighten your arms over your head.
5. Lower your arms back to shoulder height.
6. Repeat 10 times and then rest.
7. Repeat this activity 3 times.



<https://pcdblog.com/2016/11/exercise-routines-for-older-adults-by-our-student-pharmacist-sarah-redmond/>

Answers to the Crossword Puzzle:

Across: 2) Prebiotics; 4) Yogurt; 5) Onions; 6) Walk; 7) Stress

Down: 1) Probiotics; 3) Stomach; 7) Sleep

Thank you for your contributions!

The requested contribution is **\$1.80 per meal**. This amount only covers a portion of the total cost of the meal. While no one will be denied service for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals. Checks need to be made out to "Santa Clara County Meals on Wheels."

Q2 2023-2024

Senior Wellness Line

Senior Nutrition Program—Home Delivered Meals

A Partnership between the County of Santa Clara and Sourcewise

GUT HEALTH

Gut health refers to the health of the digestive system including the esophagus, stomach, small intestine, and large intestine.

Microorganisms that live in the digestive tract also affect gut health.



HOW TO IMPROVE GUT HEALTH

- Choose probiotics/prebiotic food sources including a variety of fruits and vegetables, fermented foods, and yogurt.
- Sleep for at least 7-8 hours every night.
- Be physically active by walking or jogging for at least 30 minutes a day.
- Manage stress and mental health. Gut health has an important role in an individual's overall mood and emotional well being.



<https://www.hopkinsmedicine.org/health/wellness-and-prevention/your-digestive-system-5-ways-to-support-gut-health>

PROBIOTICS AND PREBIOTICS

Importance of Probiotics

- Probiotics in foods contain live microorganisms that help or improve “good” bacteria in the body.
- Food sources include yogurt, kefir, buttermilk, sourdough bread, fermented vegetables, tempeh, and lassi.



Importance of Prebiotics

- Prebiotics are found in high fiber foods that function as food sources for the gut.
- Food sources include whole grains, bananas, legumes, grapefruit, onions, and cabbage.



Benefits of Probiotics & Prebiotics

- Helps to break down and digest food.
- Supports gut health and mood regulation.
- Helps to improve overall immune system function.

PREBIOTICS



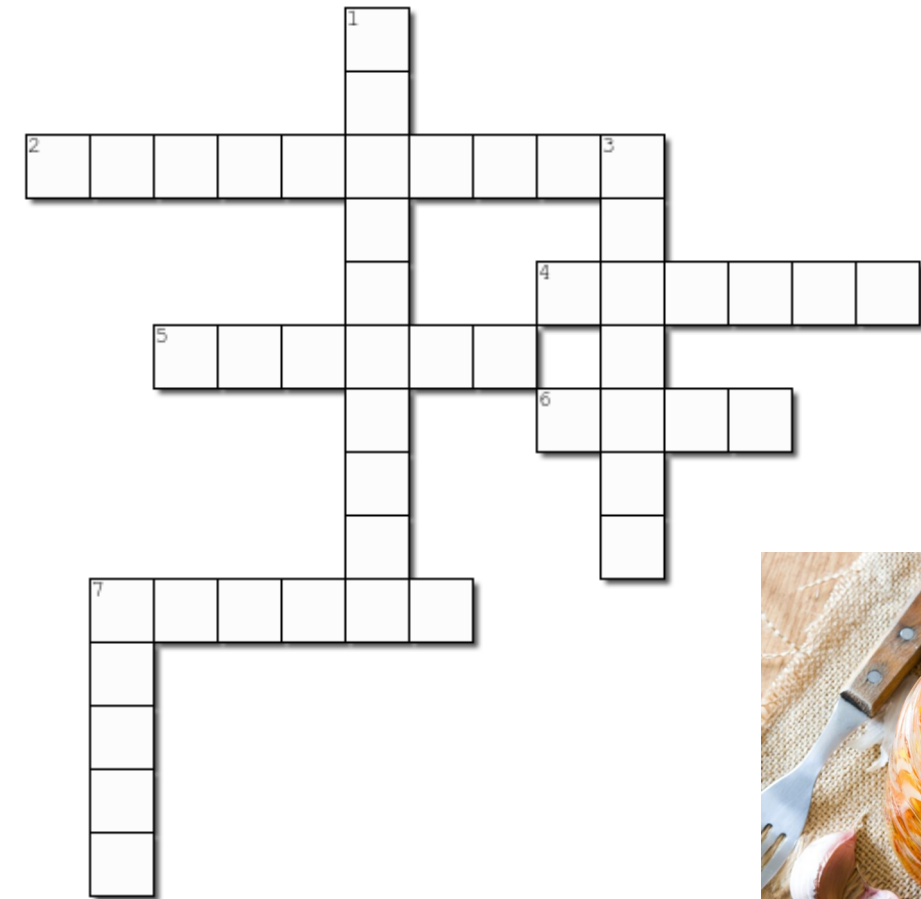
PROBIOTICS



<https://health.clevelandclinic.org/what-are-prebiotics>

<https://www.healthyeating.org/nutrition-topics/milk-dairy/benefits/probiotic>

GUT HEALTH PUZZLE



Across

- [2] Examples are cabbages, grapefruit, and bananas.
- [4] A type of probiotic.
- [5] A type of prebiotic.
- [6] Type of exercise we should do for at least 30 minutes a day.
- [7] Keep this low to improve overall gut health.

Down

- [1] Examples are buttermilk, fermented vegetables, and kefir.
- [3] An organ that is a part of the digestive system.
- [7] We should do this for a minimum of 7-8 hours a day.

***Answers are on the back**