

Let's Get Moving: Seated Marches

1. Find a stable chair to sit on.
2. Sit toward the front of your chair. Keep your back straight, your feet hip-width apart, and your arms at your sides.
3. Squeeze your abdominal muscles to engage your core.
4. Lift your right leg as high as you can while keeping your knee bent.
5. Lower your right foot to the floor slowly.
6. Repeat the move with your left leg to complete one rep.
7. Do 2 to 3 sets of 10 to 12 reps.



The 9 Chair Exercises Seniors Can Do for Better Health and Mobility - GoodRx

Answers to the Crossword Puzzle:

Across: 3) Breakfast; 4) Soda; 7) Balanced; 9) Vegetables; 10) Fish

Down: 1) Carbohydrates; 2) Nuts; 5) Whole; 6) Water; 8) Calcium

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 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. **To contribute towards your meal, please write a check to Santa Clara County, Meals on Wheels.**

Q1 2023-2024

Senior Wellness Line

Senior Nutrition Program—Meals on Wheels

A Collaboration between Santa Clara County and Sourcewise

Healthy Eating for Older Adults



- Consume variety of colorful fruits and vegetables.
- 1/2 of the plate should be vegetables and fruits.

- Include whole grains in meals such as whole wheat bread, brown rice, and quinoa.
- 1/4 of the plate should be whole grains.



- Choose healthy protein options such as fish, poultry, beans, and nuts.
- Limit consumption of red meats and avoid processed meats.
- 1/4 of the plate should be protein sources.

- Limit fats in meals. If needed, choose vegetable oils such as olive, canola, and sunflower.
- Avoid or limit food containing trans-fats.



What you Drink is Important

Older adults should drink plenty of water to prevent dehydration and aid in the digestion of food and absorption of nutrients.

Hydration:

- Water is the best choice to satisfy your thirst.
- Use lemon, cucumber, mint, or fresh fruit to add flavor to your water.
- Sparkling water and seltzers are also good options.



Skip sugary drinks!

- Research shows that sugary drinks offer no nutrients, but contain large amounts of calories.
- Consumption of sugary drinks can cause weight gain, increase in type 2 diabetes, heart disease, and other chronic diseases.

Avoid or limit the following high sugary drinks:

- Soda
- Sports beverages
- Energy drinks
- Coffee and tea with added sweeteners

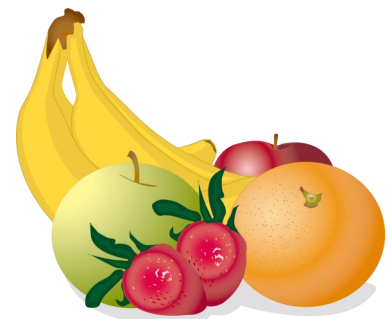
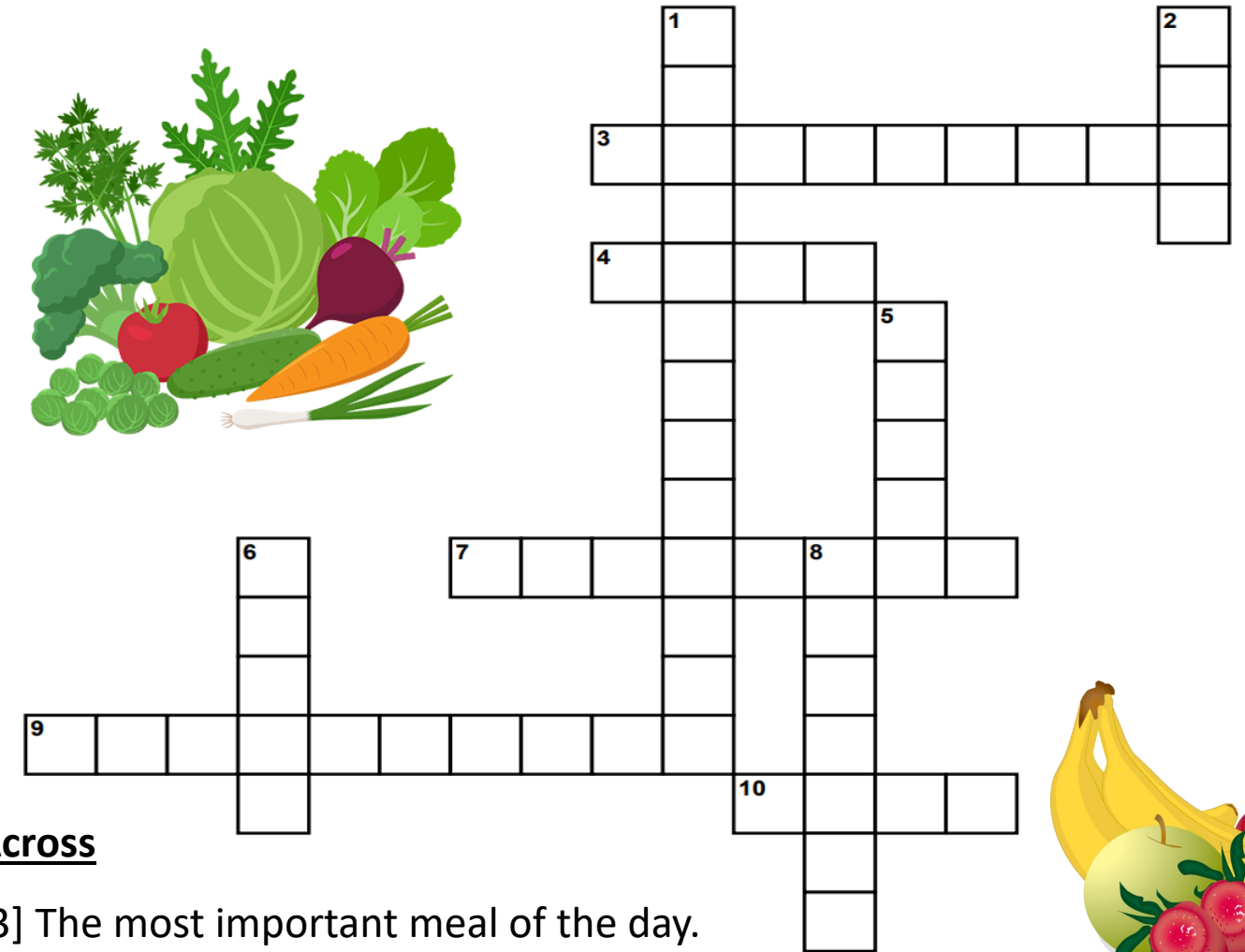


Dietary Guidelines for Americans, 2020-2025

Sugary Drinks | The Nutrition Source | Harvard T.H. Chan School of Public Health

Water and Healthier Drinks | Healthy Weight, Nutrition, and Physical Activity | CDC

Healthy Eating Crossword Puzzle



Across

- [3] The most important meal of the day.
- [4] Beverages that you should avoid.
- [7] You should have a well _____ diet.
- [9] In every meal, at least half your plate should be made up of this.
- [10] A type of seafood that you should consume at least once per week.

Down

- [1] What is the body's preferred source of energy?
- [2] A type of protein that is not meat.
- [5] What types of grains should you be consuming?
- [6] The beverage that is the healthiest and most hydrating option.
- [8] The main nutrient found in dairy products for strong bones.

***Answers are on the back**