

# Getting active

Studies from several countries show that people over 65 years of age, who exercise at least once a week, live longer and healthier lives.

Exercise seems to raise the spirits and people feel happier. Even people with painful arthritis can do gentle exercises.

## Getting Active

- ◆ Always check with your doctor first, before starting exercise for the first time.
- ◆ Chose an activity that you find interesting.
- ◆ Exercise with friends. It is more fun.
- ◆ Start off slowly and aim for small improvements.
- ◆ Wear comfortable clothes and shoes.
- ◆ Drink plenty of water when exercising.

## What are the benefits of exercise?

### Heart and lungs

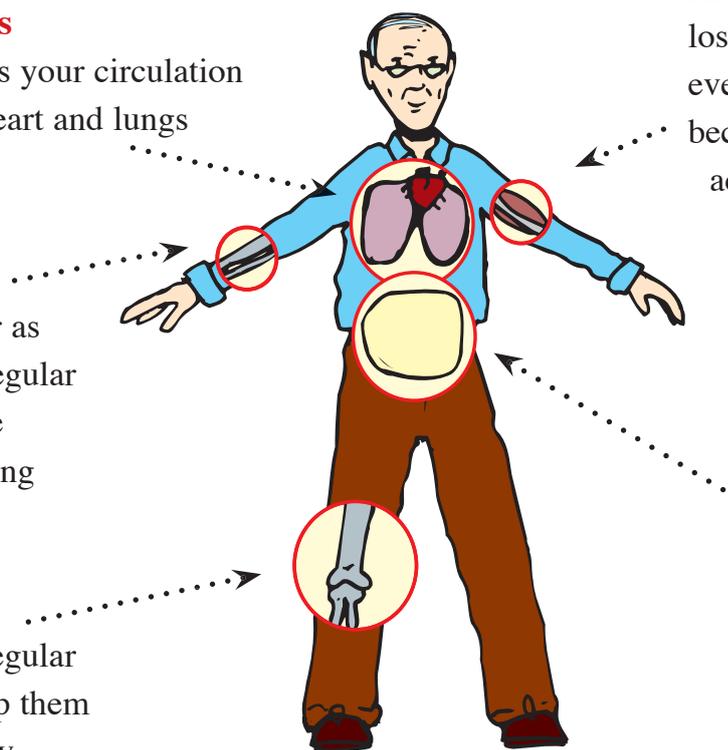
Exercise improves your circulation and keeps your heart and lungs working properly.

### Bones

Bones get thinner as you get older. Regular exercise helps the bones to stay strong and healthy.

### Joints

The joints need regular movement to keep them supple and healthy.



### Muscles

After middle-age your body loses 3kg of lean muscle every 10 years. This is because you become less active as you get older.

Even after a short time of regular exercise, muscle mass increases.

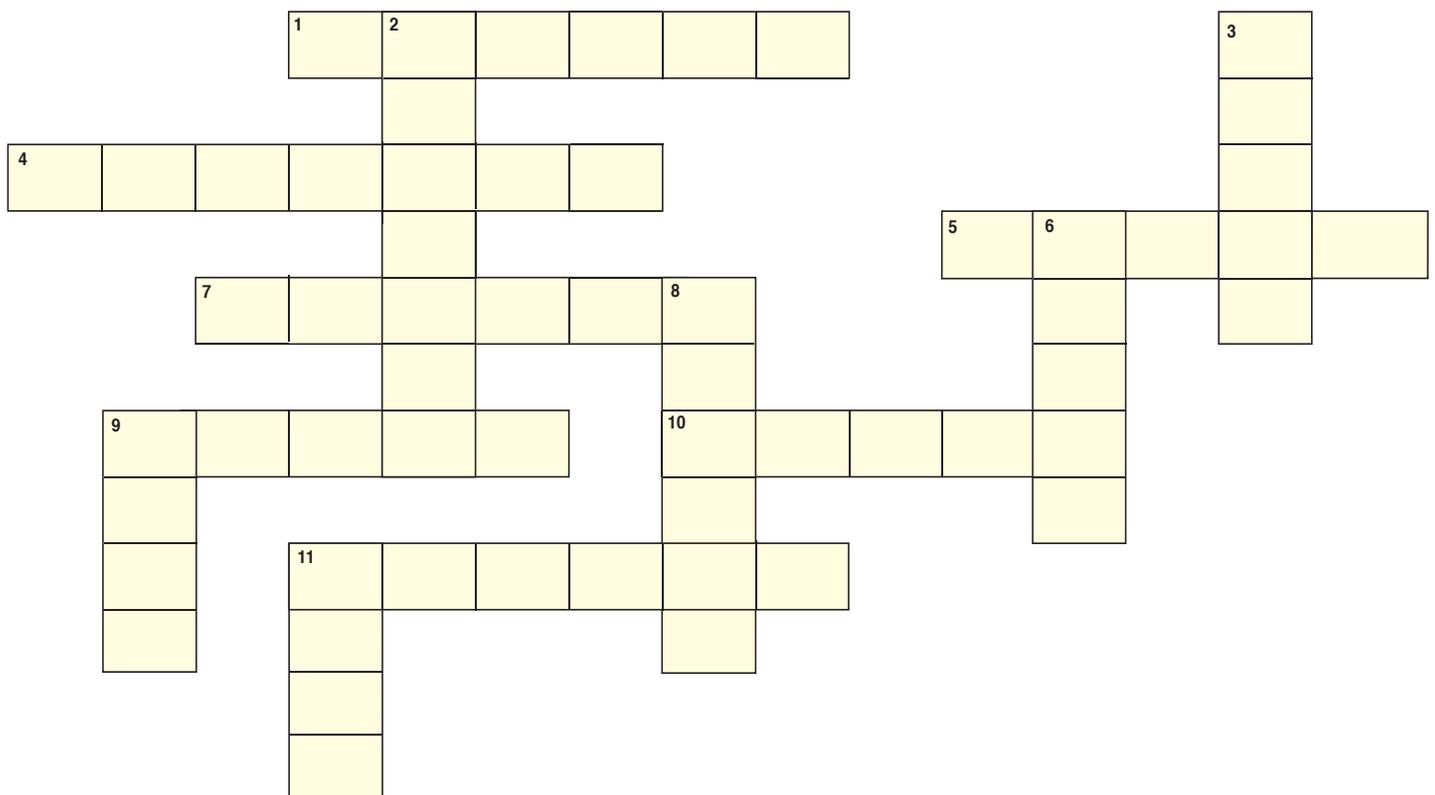
### Body fat levels

Exercise burns off fat and keeps us at a healthy weight.

## ✓ yes or no to these questions

	Yes	No
1. The body loses 4kg of muscle every 10 years.	<input type="checkbox"/>	<input type="checkbox"/>
2. Exercise increases muscle mass.	<input type="checkbox"/>	<input type="checkbox"/>
3. Exercise damages bones.	<input type="checkbox"/>	<input type="checkbox"/>
4. Joints keep supple with exercise.	<input type="checkbox"/>	<input type="checkbox"/>
5. Exercise burns up fat.	<input type="checkbox"/>	<input type="checkbox"/>

## Find the answer to the clues and fill in the crossword



### Across

1. A country in Europe
4. These need to be strong to lift things
5. The number after two
7. Makes limbs bend
9. Needed for breathing
10. Opposite to younger
11. Moves easily

### Down

2. Gentle exercise
3. Calcium
6. Pumps blood
8. Not quickly
9. Longest limbs in the body
11. Move in water

# Healthy Eating

## Tips for healthy eating

- ◆ Have a piece of fruit or fruit juice with every meal.
- ◆ Eat 2 portions of salad or vegetables with every meal.
- ◆ To increase your fibre intake, try and eat more wholemeal bread.
- ◆ Eat a bowl of cereal every day.
- ◆ Potatoes, rice or pasta should take up more than half of your plate for main meals.
- ◆ Eat oily fish 2 or 3 times a week e.g. mackerel, sardines or salmon.
- ◆ Use half a pint of milk or yoghurt every day.



- ◆ Do not add salt to your meal at the table.
- ◆ Only eat cakes, biscuits and sweets occasionally.
- ◆ Do not eat sugary foods between meals.



## Put a ✓ in the correct box

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Eat ½ pint of yoghurt each day.              | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Eat 5 portions of vegetables with each meal. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Eat fish 2 or 3 times a week.                | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Biscuits and sweets should be eaten often.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Eat wholemeal bread each day.                | <input type="checkbox"/> | <input type="checkbox"/> |

Solve the clues and the letters in the shaded squares will spell out two words to do with eating healthily.

1								A green vegetable (7)
2								Small round vegetables (4)
	3							Use it to make bread (5)
	4							A mixture of raw vegetables (5)
5								A yellow fruit (6)
6								A type of pasta (8)
7								Eaten with butter (5)
		8						Every day (5)
		9						The main meal of the day (6)
10								Fruit drink (5)
	11							Eaten at breakfast (6)
12								Do not eat too much of this type of food (5)



