

5 Easy Ways to Enjoy Fitness at All Ages

Full-body fitness develops when you enjoy a variety of activities. By fitting all five aspects of fitness in every week, you'll pump up your energy level and feel great too!



1. Enjoy AEROBIC activities.

These activities get your heart pumping – and make you sweat a little. Walk, run, bike, dance, hike, ski, skate, play ball, swim laps, use an elliptical machine, ride an indoor bike, play a game of golf – they're all good for your body, brain, and stress-level. Be active for 10 minutes at a time, for a total of 30 minutes daily.



2. Enjoy STRENGTH activities.

Strong muscles are a huge health benefit for every body, and it's never too late to build them up! Children can strengthen their muscles with everyday play, like climbing and swinging. Adults can lift weights (2 to 10 pounds) – or do lunges and squats. Aim for some strength building activity 2 to 3 times per week.



3. Enjoy BALANCE activities.

Balance is especially important for younger and older people. Good balance prevents injuries from falling and promotes brain development and function. Dance, tai-chi, and biking are all great for balance. Stand on one leg (hold onto a chair if needed) or walk along a straight line for your daily balancing acts.



4. Enjoy FLEXIBILITY activities.

Enhancing flexibility helps reduce stress, fatigue, and muscle tension, while improving circulation and mental alertness. Pilates and yoga are excellent ways to increase your flexibility. Gentle, regular stretching can also make a real difference. Sprinkle 5 to 10 minutes of simple stretches throughout your day.



5. Enjoy FUN activities.

Fun is an essential aspect of all fitness activities – because, over the long haul, you'll only stick to the ones that you really enjoy. Looking for easy ways to add some fun to your fitness routine? Add some music. Add friends or family members. Add a dog. Add a bounce to your step. Add a smile to your lips.

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5 Easy Ways to Enjoy Key Nutrients at All Ages

You are probably missing some of the key nutrients you need to look great, feel better, and be stronger. Get the power nutrition your body needs with these tasty foods!



1. Enjoy GRAINS for fiber, folate and energy.

Go with the grain – especially 100% whole grains – at least one serving at every meal. Start off quick and easy with a bowl of whole grain cold cereal (or hot oatmeal) for breakfast. Move onto a satisfying sandwich on whole wheat bread for lunch. Then finish up with brown rice or whole grain pasta at dinnertime.



2. Enjoy PRODUCE for vitamins A, C, and potassium.

Fruits and vegetables – fresh, frozen, dried, and canned in their own juice – are nature's most appetizing vitamin "pills." Get your 5+ per day the easy way: 2 servings at every meal and 1-2 snacks per day. From A to Z, the choices are endlessly delicious – from a sliced apple snack to steamed zucchini for supper.



3. Enjoy MILK PRODUCTS for calcium and vitamin D.

Packed with body-building nutrition, dairy products – like fat-free or reduced-fat milk, yogurt, and cheese – are creamy and good for you too. To get the calcium and vitamin D (plus protein, potassium, phosphorus and more) you need, all it takes is 3 servings a day – 8 ounces of milk with every meal meets the goal.



4. Enjoy NUT/SEEDS for vitamin E and magnesium.

You can get the magnesium and vitamin E that most Americans are missing – with sunflower seeds, pumpkin seeds, almonds, pecans, cashews, and other nuts. Just add a serving or two (1 ounce or a small handful each) to your day. Sprinkle nuts on cereal or fruit salad. Enjoy sunflower seeds as a quick snack.



5. Enjoy LEAN RED MEAT for iron, zinc, and protein.

Red meat is a satisfying source of several power nutrients, including several B-vitamins and selenium. A 3-ounce serving of the 29 lean cuts of beef (like top sirloin, brisket, and T-bone) has less than 200 calories and less than 10 grams of fat, but plenty of ZIP (zinc, iron, protein) and flavor!

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