

Helping the Aging Return to a Healthy Lifestyle

Studies show that a good diet and an active lifestyle in our later years can help to reduce the risk of disease and enable us to better manage diseases' signs and symptoms. Often, seniors become socially isolated, causing a loss of healthy eating habits and a decrease in activity levels. What can we do to ensure that our parents, friends, or other important seniors are getting this essential nourishment and activity?

- Look in occasionally to ensure that the older person is eating adequately
- Help with the preparation of healthy food and making this food available to them
- Go for walks, join a yoga or pilates class, or participate in some other form of physical activity with them
- Make sure the food in their refrigerator is fresh
- Provide companionship and joining the older person for meals

Let's take the few extra minutes necessary for nutritional food preparation, companionship, transportation, exercise, or guidance necessary to ensure that our seniors are maintaining a healthy lifestyle.

Many helpful resources for these kinds of services are available. We'd be happy to assist with referrals and resources as needed.

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