



# Nutrition Education

## Healthy Lifestyle

### Sleep Better, Live Longer

When you exercise regularly, you can increase your chances of sleeping better and living longer.

Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless! What works for you?

Visit the **Spectrum website** to find a location for one of our **Fall Prevention Exercise Classes** near you!

[www.SpectrumCS.org](http://www.SpectrumCS.org)



Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the healthy benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

### Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count.

Information provided by  
[www.eatright.org](http://www.eatright.org)

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