

# NUTRITION TO GO

## Movement and Hydration

### Moving your Body

As you get older, it is normal to not have as much energy and the same abilities as you did when you were younger. Physical activity, or moving your body, is important for everyone, including older adults.

### How Much Movement?

You want at least 30 minutes of moderate-intensity activity each day (this can be spread out across the day). One of the best examples of this is walking.



### Tips for movement in the summer

- If it is too hot or rainy to be outside, try walking in a large store or in a mall.
- Make movement social and safe by walking with a friend or a neighbor.

### Staying Hydrated

Dehydration can happen when you drink too little or lose too much fluid. Bodies normally lose fluid through urination, sweating, and even breathing. Dehydration can happen quickly, especially during the summer or when you move your body. It is important to prevent dehydration by drinking enough fluids every day.

**Tip:** Try to make at least half of what you drink water.

Besides water, other liquids that can help you stay hydrated and healthy are:



Milk



100% Juice or Smoothies



Unsweetened or Herbal Teas



Low-Sodium Soups

