

NUTRITION N 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.

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How Much Movement?

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

Staying Hydrated

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.

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

What are some signs that you may be dehydrated?

- Dry mouth, dry skin, or dry eyes
- Headaches or confusion
- Feeling dizzy or lightheaded after standing up
- Constipation or a hard time going to the bathroom

Refreshing Pineapple Fizz

Servings per recipe: 4Prep time: 3 minutesCook time: 0 minutesServing size: 1 cupCost: \$1.82 per recipe/ \$0.46 per serving

Ingredients

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8 ounces 100% pineapple juice24 ounces seltzer water4 lemon slices (optional)

Directions

- 1. In a large bowl or pitcher, mix the juice and seltzer water together.
- 2. Add the lemon slices and chill in the refrigerator for about an hour or add ice and serve immediately.



This recipe is tasty and refreshing, and can provide you with the hydration you need on a hot day.

More recipes can be found at: https://web.uri.edu/community-nutrition/recipes/

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This material was funded by USDA's Supplementa Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Call Our Toll-Free Line for More Information **1-877-366-3874**