

Training for Retirement
 Module #3: Healthy Eating

Healthy Eating for Seniors Facts (British Columbia Ministry of Health Services)

Fact: Seniors have higher rates of heart disease, cancer, high cholesterol and high blood pressure than the rest of the adult population.

Fact: These diseases can be prevented or controlled through healthy eating and regular physical activity.

Fact: The majority of senior men and women eat more than the recommended amount of sodium (salt). Decreasing your sodium can substantially reduce your risk of high blood pressure.

Fact: It is possible to change and improve the way you eat and the way you feel – at any age.

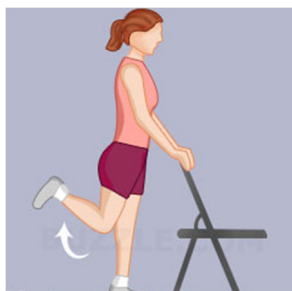


The Basics of Healthy Living

Eat more	Eat less
Vegetables and fruit	Saturated fats (butter, lard, deli meats, bacon, sausages)
Whole grains (bread, pasta, oatmeal, brown rice)	Trans fats (cookies, cakes, deep fried foods)
Legumes (beans, peas, lentils)	Refined grains (white bread, white rice)
Fish	Salt and sugar (sugary drinks, jams, candy, baked goods)
Calcium-rich foods (low-fat milk, yogurt, cheese)	
Unsaturated fats (vegetable oil, nuts, seeds)	
Lean meat and poultry	

Drink more water.
Eat a variety of foods.
Do something active everyday.
Eat in moderation.

Daily Dose: Alternate Hamstring Curl



Complete these curls in the bathroom when brushing your teeth.

Tuck in your pelvis and tighten stomach muscles (like when coughing). Stand straight with legs apart, knees slightly bent. Slowly lift your right heel behind you toward your buttock and lower to the ground.

Repeat the exercise, alternating leg 3-5x per day.



Training for Retirement
Action Plan

Name:

Date:

The change I want to make happen is:

The goal for next month is:

The specific steps I will take to achieve my goal are (include what, when, how, where, how often):

The things that could make it difficult to achieve my goal include:

Supports and resources I will need to achieve my goal include:

My confidence that I can achieve my goal is (0 to 10, 0 meaning not confident at all and 10 being extremely confident):

Sources:

Beattie-Huggan, P., MacDougall, S., Sajdak, L., & Smith, N. (2013). Leader's tool kit for healthy living workshops for older adults. Retrieved from <http://www.alcoa.ca/>

British Columbia Ministry of Health Services. Healthy eating for seniors handbook. Retrieved from <http://www2.gov.bc.ca/>

