National Wellness Month

WELLNESS EXERCISE INFO

Exercises That Help

The following exercises can help increase the chances of older adults enjoying a good quality of life. Please consult a physician or physical therapist before attempting.

Water Aerobics
- Aqua jogging
- Flutter kicking
- Leg lifts
- Standing water push-ups
- Arm curls

Resistance Band Workouts
- Leg press
- Triceps press
- Lateral raise
- Bicep curl
- Band pull apart

Pilates
- Mermaid movement
- Side circles
- Food slides
- Step ups
- Leg circle

Body Weight Workouts
- Squats to chair
- Stepup
- Bird dog
- Lying hip bridges
- Side lying circles

Exercises That Harm

The following exercises can cause an unhealthy strain on older adults with joint pain, atrophied muscles, posture problems or issues with balance. Please consult a physician or physical therapist before attempting.

- Squats with dumbbells or weights
- Bench press
- Leg press
- Long-distance running
- Abdominal crunches
- Upright row
- Deadlift
- High-intensity interval training
- Rock climbing
- Power clean

Wellness Meal Plans

Meal and Snack Plans A, B, and C are examples that show just a few ways to combine meals and snacks to meet daily food group intake targets for 2,000 calorie food pattern.

Meal & Snack Plan A

Breakfast
1 ounce Grains
½ cup Fruit
½ cup Dairy

Morning Snack
1 ounce Grains
1 cup Fruit

Lunch
2 ounces Grains
1 cup Vegetables
½ cup Fruit
1 cup Dairy
2 ½ ounces Protein Foods

Afternoon Snack
½ cup Vegetables
½ cup Dairy

Dinner
2 ounces Grains
1 cup Vegetable
1 cup Dairy
3 ounces Protein Foods

Meal & Snack Plan B

Breakfast
1 ounce Grains
1 cup Dairy
1 ½ ounces Protein Foods

Morning Snack
1 cup Fruit
½ cup Dairy

Lunch
2 ounces Grains
1 cup Vegetables
½ cup Dairy
2 ounces Protein Foods

Afternoon Snack
1 ounce Grains
½ cup Vegetables

Dinner
2 ounces Grains
1 cup Vegetables
1 cup Fruit
1 cup Dairy
2 ounces Protein Foods

Meal & Snack Plan C

Breakfast
1 cup Fruit
1 cup Dairy

Morning Snack
1 ounce Grains
½ cup Dairy
1 ½ ounces Protein Foods

Lunch
2 ounces Grains
1 cup Vegetables
1 cup Dairy

Afternoon Snack
1 ounce Grains
½ cup Vegetables
½ cup Dairy
2 ounces Protein Foods

Dinner
2 ounces Grains
1 cup Vegetables
1 cup Fruit
2 ounces Protein Foods

Available at www.cnpp.usda.gov/USDAFoodPatterns   *Please consult your physician before changing diet.

WELLNESS SCREENINGS

Here is a listing of suggested screenings you should have in order to stay healthy.

Suggested Screenings for Ages 20yrs - 30yrs

Cervical Cancer

Is the 4th most common cancer among women and can be cured if diagnosed at an early stage and treated promptly.

HPV

HPV is the most common viral infection of the reproductive tract. More than 90% of the infected eventually clear the infection.

Meningococcal

It can lead to serious blood infections. When the linings of the brain and spinal cord become infected, it is called meningitis.

Suggested Screenings for Ages 40yrs - 50yrs

Breast Cancer

Breast cancer screening is performed using mammogram, clinical breast exam, and MRI tests.

Colon Cancer

Colonoscopy is a procedure to look inside the rectum & colon for polyps, abnormal areas, or cancer.

Lung Cancer

Lung cancer screening is recommended for adults who are longtime smokers and don't have any signs of lung cancer.
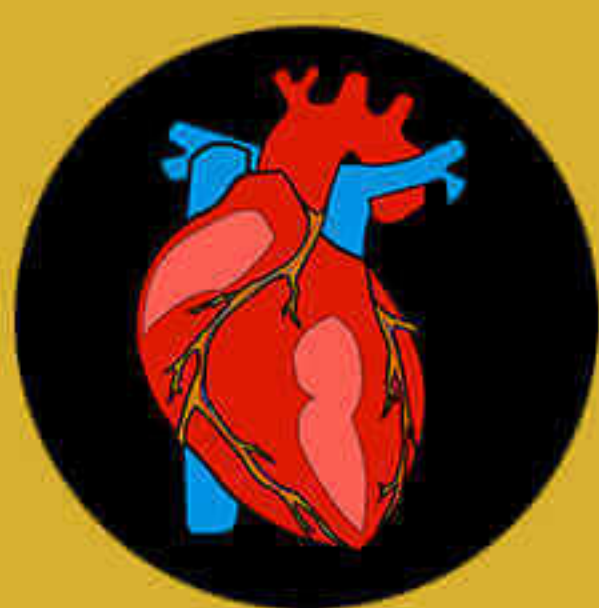
Prostate Cancer

A blood test called a prostate specific antigen (PSA) test measures the level of PSA in the blood.

Shingles Vaccine

This is the only way to protect against shingles and postherpetic neuralgia (PHN).

Suggested Screenings for Age 60yrs - 70yrs

AFIB

Adults age 60+ who have any of these additional risk factors: Diabetes. High Blood pressure. Coronary artery disease.

AAA

Screening is recommended 1-time ultrasonography screening for AAA in all men and women aged 65 to 75 years with a history of tobacco use.

Osteoporosis

Used to diagnose osteoporosis BEFORE you break a bone, help to estimate your chances of breaking a bone in the future, and monitor the effectiveness of osteoporosis treatments.

Pneumonia

The vaccine cannot prevent all cases, but it can lower your chances of catching the disease.