

It's Never Too Late

It's Never Too Late to Adopt a Healthy Lifestyle. Achieving and maintaining a healthy weight can contribute to your overall health and well-being. It's never too late to take steps to a healthy lifestyle. Start now and follow these tips to get started.

- **Make a plan:** Adopt a few specific small changes. When you make a realistic plan, the changes won't seem so overwhelming. A few small healthy changes, such as adding one piece of fruit to your diet each day, aren't difficult to do and can make a huge difference to your health.
- **Focus on your food:** Plan your meals so you aren't forced to make unhealthy decisions based on convenience. Making sure you eat balanced meals with appropriate portions will help you manage your caloric intake.
- **Make calories count:** Make meal choices that focus on nutrient-rich foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.
- **Increase physical activity:** Regular physical activity is important for overall health and fitness. The Dietary Guidelines for Americans recommend adults be physically active for at least 30 minutes a day most days a week. If this is not realistic, start slow and work towards that amount. Remember 5 minutes is better than 0, 10 minutes is better than 5, etc.
- **Play it safe:** Even the right food choices can affect your health if you don't follow food safety rules. Always clean hands and food-preparation surfaces, keep raw and cooked foods separate, cook foods to a proper temperature and chill leftovers promptly to avoid illness.
- **Be aware of special dietary needs:** Nutritional needs change depending upon your age and overall health. Older adults need more vitamin D and calcium to help maintain bone health.