

# DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.



Eat plenty of  
**fruits** and  
**vegetables.**

Choose foods that are  
**low** in **added**  
**sugars, saturated**  
**fats, and sodium.**

Pick **whole grains**  
and lean sources of  
**protein** and  
**dairy products.**

Practice all **4 types**  
**of exercise**—  
endurance, strength,  
balance, and flexibility.



For more information about healthy eating  
and exercise, go to [go4life.nia.nih.gov](http://go4life.nia.nih.gov).

**NIH** National Institute  
on Aging