



# PHYSICAL WELLNESS: EAT WELL, MOVE MORE, FEEL YOUR BEST

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## Why is this topic important?

Taking care of your body can help you stay strong, independent, and able to do the things you enjoy every day. As we age, our bodies go through changes such as losing muscle strength or bone density, but the good news is that what you eat and how you move can make a big difference. Eating the right foods and staying active can help support your muscles, protect your bones, improve your heart health, and give you more energy. Even small changes can help you feel stronger and more confident in your daily life.

## Important Nutrients to Focus On

- Protein → helps keep your muscles strong
  - Examples: chicken, fish, eggs, beans, nuts, tofu
- Calcium & Vitamin D → support strong bones
  - Examples: milk, yogurt, fortified foods, sunlight
- Fiber → supports digestion and heart health
  - Examples: fruits, vegetables, whole grains
- Healthy fats → support heart health
  - Examples: olive oil, nuts, fish

## Tips: Nutrition for Healthy Aging

### **Don't Forget Fruits & Vegetables!**

Fruits and vegetables provide vitamins, minerals, and fiber that help your body function well.

- Try to fill half your plate with fruits and vegetables at meals

### **Whole Grains vs. Refined Grains**

- Whole grains (brown rice, whole wheat bread, oats) → more fiber and nutrients
- Refined grains (white bread, white rice) → less fiber
- Aim to make at least half your grains whole grains

### **Stay Hydrated**

As we age, we may not feel thirsty as often, but our bodies still need fluids.

- Try to:
  - Drink water throughout the day
  - Keep a water bottle nearby

Staying hydrated helps with digestion, energy, and overall health!

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## **Try This This Week**

- Add one fruit or vegetable to your day
- Go for a short walk
- Drink an extra glass of water

## Build a Balanced Plate

- A healthy meal doesn't have to be complicated!
- Try this simple guide:
  - Half your plate → fruits & vegetables
  - One quarter → protein
  - One quarter → whole grains
  - Add dairy or fortified alternative
  - Aim for 6-8 glasses of water a day for proper hydration



## Move Your Body (Your Way!)

Staying active helps:

- Keep muscles strong
- Improve balance (reduce fall risk)
- Boost mood and energy

Try simple activities like:

- Walking
- Stretching
- Chair exercises
- Yoga

Even a few minutes a day can make a difference!

## Resources

- **Video on Physical Wellness:**  
<https://youtu.be/c0WQGcGXb7Y?si=1sfZO5KXE0uA5Ain>
- **Healthy Eating as we Age:**  
<https://njaes.rutgers.edu/sshw/message/message.php?p=Health&m=1544>
- **Nine Healthy Practices:**  
<https://rutgers.app.box.com/s/47dpr8tepme3p2ud0c5w5fpxwmbqbjm>
- **Healthy Aging:**  
<https://extension.rutgers.edu/food-nutrition-health/healthy-aging>
- **Smart Food Choices: Eat Lean Protein:**  
<https://njaes.rutgers.edu/FS1055/>
- **Smart Food Choices: Veggies Foster Health:**  
<https://njaes.rutgers.edu/pubs/publication.php?pid=FS1054>
- **Smart Food Choices: Flavorful Fruits:**  
<https://njaes.rutgers.edu/pubs/publication.php?pid=FS1052>
- **Smart Food Choices: Grains are Good!:**  
<https://njaes.rutgers.edu/FS1051/>
- **Smart Food Choices: Consuming Milk is Good!:**  
<https://njaes.rutgers.edu/pubs/publication.php?pid=FS1053>
- **Quick and Easy Ways to Eat More Fruits and Veggies:**  
<https://njaes.rutgers.edu/fs1079/>

