DIET AND EXERCISE:
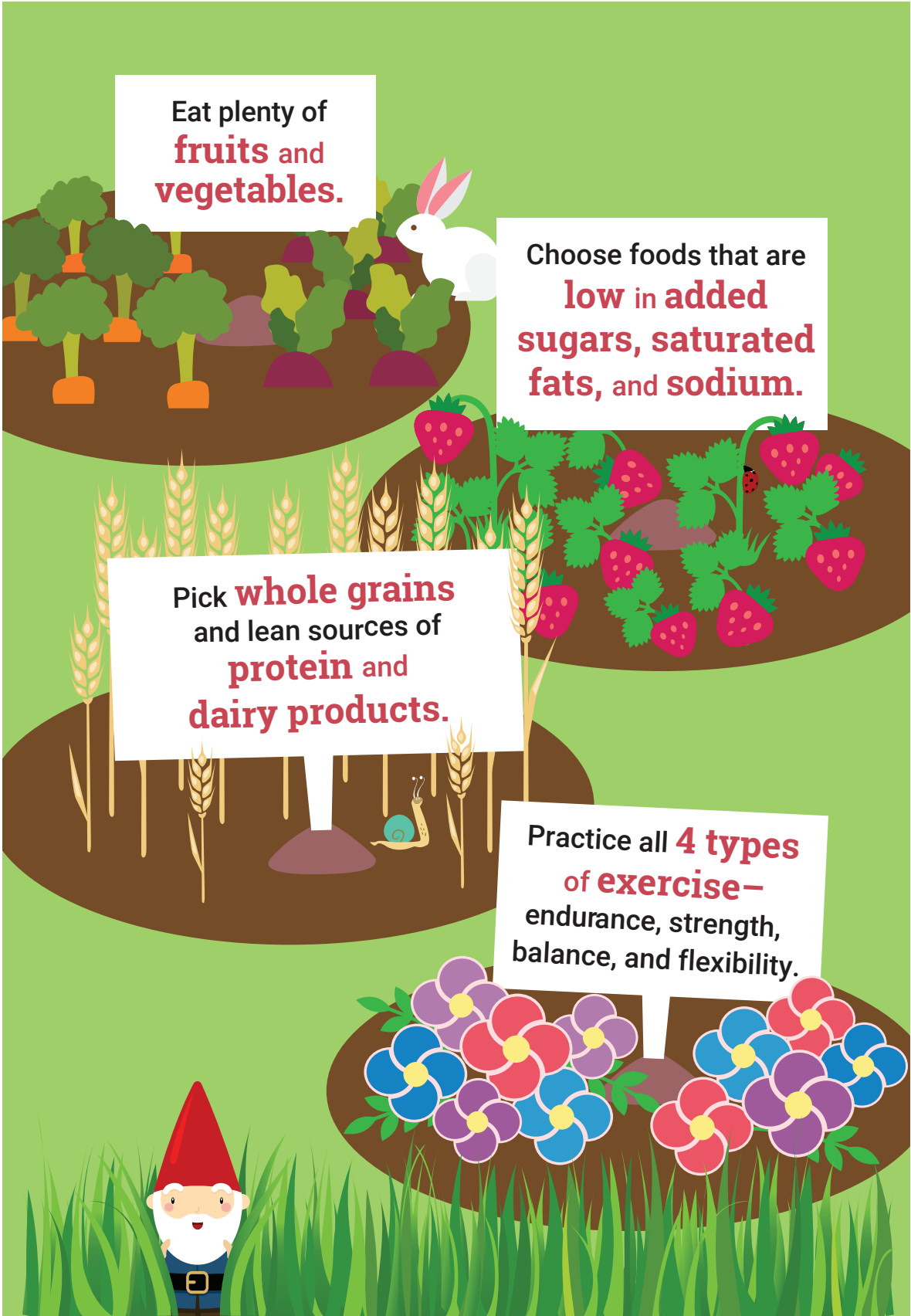## Choices Today for a Healthier Tomorrow

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.