

— NATIONAL PHYSICAL FITNESS & SPORTS MONTH —

MOVE MORE

The evidence is clear—regular physical activity is good for everyone’s health. Choose activities you enjoy and do it often!

BENEFITS OF PHYSICAL ACTIVITY

- Prevents chronic diseases and controls weight
- Promotes strong bone, muscle and joint development
- Conditions heart and lungs
- Builds overall strength and endurance
- Improves sleep
- Decreases potential of becoming depressed
- Increases your energy and self-esteem
- Relieves stress
- Increases your chances of living longer

RECOMMENDATIONS

150 to 300 minutes a week of moderate-intensity, or **75** minutes to **150** minutes a week of vigorous-intensity aerobic physical activity spread throughout the week

When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

TYPES OF PHYSICAL ACTIVITY

Include exercise of each of the types of physical activity listed below in your weekly routine. Check with your doctor first before beginning a new exercise plan.

Strength Training. Strengthening your muscles provides many benefits to your health. Use free weights, weight machines, resistance bands, or your own body weight. Form is key, so work with a physical therapist or certified fitness professional before you get started. Strength train all major muscle groups two times per week.

Aerobic Exercise. Aerobic exercise gives your heart and lungs a workout. the recommendations listed on the left. Examples: walking, cycling, swimming, cross-country skiing, and aerobic classes.

Stretching. Routine stretching helps maintain flexibility, which increases your range of motion and reduces pain and the risk for injury. Aim to stretch most days of the week or at least three or four times per week.

Balance Exercises. Improving your balance helps you be steadier on your feet and prevents falls. Add balance exercises into your strength training routine, such as yoga or tai chi.

For more information on physical activity, check out Move Your Way at health.gov/moveyourway/

St. Charles AAA

May 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 3 Smothered Chicken Whipped Potatoes Glazed Carrots Wheat Bread Star Crunch | 4 Sausage & White Bean Brown Rice Collard Greens Pickled Beets Cornbread Grape Juice Margarine | 5 Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Mixed Fruit Crisp Ketchup Mayonnaise Mustard | 6 Breakfast Sausage or Sliced Ham Grits Cranberry Juice Hot Spiced Apples Biscuit Fruit & Grain Bar Jelly/Margarine | 7 Mother's Day Spcl Pork Roast Pork Gravy Southern Green Bean Candied Spiced Yams Dinner Roll Royal Brownie |
| 10 Chicken & Sausage Jambalaya Cabbage Green Peas Wheat Bread Oatmeal Creme Cookie Margarine | 11 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Ketchup Mayonnaise Mustard | 12 Red Beans & Sausage Rice Coleslaw Spinach Cornbread Fudge Round Margarine | 13 Beef Patty Pepper & Onion Gravy Garlic Whip Potatoes Glazed Carrots Wheat Bread Fresh Banana Margarine | 14 Ham & Cheese Lettuce & Tomato Mandarin Oranges Wheat Bread (2) Fruit & Grain Bar Mayonnaise Mustard |
| 17 Swedish Meatballs Smothered Potatoes California Blend Vegt Wheat Bread Raisin Creme Cookie Margarine | 18 Turkey Breast Brown Gravy Whipped Potatoes Southern Green Bean Wheat Bread Lemon Blondie Bar Margarine | 19 Chicken & Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Ice Cream | 20 Ham & Lima Beans Rice Mustard Greens Pickled Beets Cornbread Orange Juice | 21 Chicken Salad Tossed Salad Pasta Salad Wheat Bread (2) Seasonal Fruit Salad Dressing |
| 24 Creole Meatballs Green Peas with Red Peppers Chuckwagon Corn Hoagie Bun Fig Bar | 25 Sausage & Pinto Beans Rice Spinach Cucumber Salad Cornbread Orange Juice | 26 Tuna Salad Lettuce & Tomato Tri-Color Bean Salad Pickled Beets Wheat Bread (2) Chocolate Oatmeal Bar | 27 Penne Pasta with Meat Sauce Tossed Salad Green Bns/Red Peppers Wheat Bread Apple Cobbler Salad Dressing | 28 Chicken Chef Salad Seasonal Fruit Saltine Crackers Almond Cookie Salad Dressing |
| 31 Closed | | | Each Meal is Served with 1/2 Pint of 2% Milk |  TRIO Community Meals an elior company |