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Diet and Exercise: Choices Today for a Healthier Tomorrow

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Lifestyle choices you make today can lead to a healthier future. Learn how eating a healthy diet and exercising can help control or delay age-related health problems.

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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 nia.nih.gov/health/exercise



You may also be interested in

- Reading about [maintaining a healthy weight](#)
- Understanding [food groups for healthy eating as you age](#)
- Exploring the [four types of exercise](#)

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