GET ENOUGH PROTEIN DURING YOUR DAY TO MAINTAIN MUSCLE MASS

SPEAK WITH YOUR HEALTHCARE PROVIDER TO LEARN IF YOU SHOULD TAKE SUPPLEMENTS

CHOOSE FOODS WITH LITTLE TO NO ADDED SUGAR, SATURATED FATS, AND SODIUM

SOME COMMUNITY CENTERS AND PLACES OF WORSHIP OFFER MEALS THAT ARE SHARED WITH OTHERS

LOW- OR FAT-FREE MILK AND 100% JUICE CAN HELP YOU STAY HYDRATED

DO ACTIVITIES THAT MAKE YOUR MUSCLES WORK HARD AT LEAST TWO DAYS A WEEK

EATING WELL HELPS YOU MEET DAILY NUTRIENT NEEDS AND REDUCE THE RISK OF CHRONIC DISEASE

TRY TO GET AT LEAST TWO AND A HALF HOURS OF MODERATE ACTIVITY PER WEEK

PREVENT COPY