

**Important Numbers**

Office  
(810) 632-2155

Fire, Police, Emergency  
911

**Office Hours**

Mon – Fri 7:30 am – 4:00 pm

# Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



Meals on Wheels would like to wish everyone with a Birthday in September a very Happy Birthday!



Monday, September 5th – No Meals on Wheels Delivery! \*see menu for details

hello



First day of Fall! – September 22nd



9/11 – On September 11th, 2001 four planes were hijacked, two of them crashing into the Twin Towers in New York City, one into the Pentagon in Washington D.C., and one crashing into a field in Pennsylvania. This terrible terrorist attack was responsible for more than 3,000 deaths. We take this day to remember the lives lost and the police and firefighters who risked their lives to save and protect the American people.

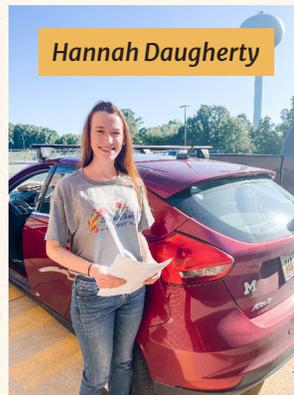
## Day(s) of CARING



On Wednesday, August 10th, Meals on Wheels partnered with United Way's annual Day of Caring event! Volunteers came to Meals on Wheels and delivered emergency packs to many of the seniors on our program. Thank you United Way for helping us deliver to our homebound seniors!



Elizabeth Garvey



Hannah Daugherty



Deborah and Marlena from Salvation Army

## NOF Metal Coatings of New Hudson Volunteers!

Meals on Wheels would like to thank NOF Metal Coatings of New Hudson for volunteering their time with Meals on Wheels! On Friday, August 12th they had a crew of 10 employees come in very early in the morning to help pack the meals for the day!



Thank you for all your help!



# Physical Activity for Older Adults

By: University of Nebraska-Lincoln

**I**ncluding regular physical activity is one of the most important things you can do for your health as an older adult (65 years and older). Less pain, better mood, and lower risk of many diseases are some of the health benefits from being active. It can make your daily life better, so it is easier to:

- Do everyday tasks, like chores and shopping
- Stay independent as you get older
- Keep up with the grandkids

## How Much Activity Do Older Adults Need?

Focus on moving more and sitting less throughout the day. Always remember some activity is better than none. Check with your doctor before starting a physical activity routine. If you are 65 years of age or older, are generally fit, and have no limiting health conditions, you can follow these recommendations:

- At least 150 minutes a week of moderate intensity activity such as brisk walking or anything that gets your heart beating faster counts
- At least 2 days a week of activities that strengthen muscles
- Mix in stretches and activities to improve balance such as standing on one foot

## Aerobic Activities

Anything that gets your heart beating faster counts. Some examples include:

- Walking or hiking
- Dancing
- Swimming
- Water aerobics
- Jogging or running
- Aerobic exercise classes
- Some forms of yoga
- Bicycle riding (stationary or outdoors)
- Some yard work, such as raking and pushing a lawn mower
- Sports like tennis or basketball
- Walking as part of golf

## Strength Activities

Do activities that make your muscles work harder



than usual. Some examples include:

- Strengthening exercises using exercise bands, weight machines, or hand-held weights
- Body-weight exercises (push-ups, pull-ups, planks, squats, lunges)
- Digging, lifting, and carrying as part of gardening
- Carrying groceries
- Some yoga postures
- Some forms of tai chi

## Balance Activities

Incorporate activities to improve your balance. Some examples include:

- Walking backwards
- Standing on one leg
- Walking heel-to-toe
- Practicing standing from a sitting position
- Using a wobble board
- Strengthening muscles of the back, abdomen, and legs

## Ready to Get More Active?

Start gradually and increase the amount and intensity of physical activity over time. Evaluate your age, level of fitness and level of experience to help reduce injury risk when increasing physical activity. The best way to get started is to focus on a light- to moderate-intensity activity, such as walking 5–15 minutes per session, 2–3 times a week. Research has shown walking to be a low risk of injury and no known risk of severe cardiac events.

No matter your age, you can find a way that works for you.