

HEALTHY AGING

Healthy aging is about healthy habits



LEARN SOMETHING NEW

Our brains benefit from learning new things no matter our age.

- Check out a new hobby or skill
- Join a club or local volunteer organization
- Take a free college course



ENJOY DAILY MOVEMENT

Keeping our body moving is a great way to maintain muscle.



- Try youtube for free at home exercises
- Stay out of the heat! See if your local mall offers morning walk hours
- Check to see if your local community center offers group fitness classes

GET PLENTY OF REST

When we sleep get enough sleep, it gives our body time to rest and repair.

- You should get 7-9 hours of sleep per day
- Take a nap if you find yourself getting tired
- Try some wind down techniques to combat insomnia



STAY CONNECTED

New technology can be overwhelming, but it's a great way to stay connected.



- Video chat with distant friends and family to stay in touch
- Schedule weekly phone calls with your friends to catch up
- Drop a letter in the mail occasionally to stay connected

BUILD A BALANCED PLATE

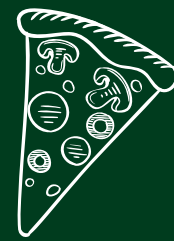
A diverse plate can help meet your nutrient needs and increase energy.

- Choose different fruit and vegetable options at every meal
- Use meal times to socialize with friends and family
- Try making a new recipe and sharing with friends



SHAREABLE MINI PIZZAS

Pizza is best when we can share it!



Yields: 9 mini pizzas

INGREDIENTS

- 1 large pre-made pizza dough
- 2 cups pizza sauce
- 1.5 cups shredded mozzarella
- Toppings of choice
 - Can include:
 - Sliced tomatoes
 - Chopped mushrooms
 - Pepperoni
 - Fresh basil
 - Chopped bell peppers
 - Sliced onions
 - Pineapple chunks
 - Apple slices
- Round 6 inch cookie cutter

INSTRUCTIONS

1. Preheat oven to 350°
2. Roll out pizza dough to about 1/4 inch thick
3. Use cookie cutter to cut out 9 mini pizzas and place on large dark nonstick cookie sheet
4. Spread 1 Tbsp of pizza sauce over each mini pizza
5. Top each pizza with 1Tbsp shredded cheese
6. Allow each person to top their mini pizza with their desired toppings
7. Bake for 15-20 minutes, until toppings are softened and dough is browned
8. Slice each mini pizzas into 4 mini pieces and share with friends to try different combinations.



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Pre-made dough can be found
refrigerated in the bakery
section at Kroger and Publix!
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