

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oneonta Family YMCA

20-26 Ford Avenue Oneonta NY 13820

July 6, 2020

www.oneontaymca.org

STAY ACTIVE HEALTHY WHILE AT HOME! FOLLOW OUR FACEBOOK PAGE AND WEBSITE

6 Ways to Eat Well As You Get Older



- **Know what a healthy plate looks like**
See how to build a healthy plate at ChooseMyPlate.gov
- **Look for important nutrients**
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- **Read nutrition labels**
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- **Use recommended servings**
Learn the recommended daily servings for adults aged 60+ at heart.org
- **Stay hydrated**
Water is an important nutrient too! Drink fluids consistently throughout the day.
- **Stretch your food budget**
Get help paying for healthy food at BenefitsCheckUp.org/getSNAP



An Important Message From Our Executive Director

On Monday, August 17th, Governor Cuomo announced interim guidelines for fitness facilities to reopen in NYS. We are reviewing a 17 page document and working the Otsego County DOH to determine a timeline for our possible reopening. We appreciate your patience during the past 5 months. Visit www.oneontaymca.org for updates.

CORE FOCUS



CONTACT US:

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