

PEAS AND CARROTS

Indiana FSSA's Division of Aging

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A new year brings new opportunities. This year try setting personal goals. Cleveland Clinic offers these 7 tips to help achieve your goal.

1. Focus on starting a behavior.
2. Set “liveable” goals, meaning a goal that you can sustain and do long term.
3. Be specific yet flexible, think well defined, small, realistic goals.
4. Identify obstacles, knowing the barriers to your success will help in your planning.
5. Get a buddy, a buddy will help keep you accountable and offer encouragement.
6. Give yourself reminders; posting reminders will keep you focused on your goal.
7. Keep data; tracking your progress will help keep you motivated.

Reference: <https://health.clevelandclinic.org/your-new-years-resolution-doesnt-have-to-stress-you-out/>

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”

-Alan Cohen

Five Tips for Exercising Safely During Cold Weather

Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



3

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.



5

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



Visit www.nia.nih.gov/health/exercising-outdoors to learn more.

Word Search Bank

ACCOMPLISHMENTS

BUDGET

CELEBRATE

HYPOTHERMIA

MUSCLES

OPPORTUNITIES

PERSONALIZE

PHYSICAL

PLANNING

REFLECT

SIMPLE

STRETCHING

SUCCESS

VARIETY

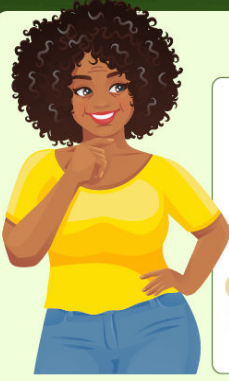
WATERPROOF

WORD SEARCH

P E G A N S B P M H D P O I R
 V S T K G U I U T Q M H I S P
 A A G A D Q S M X A M Y G T N
 S J R G R C N Y P H F S A R S
 A L E I L B T S M L S I A E S
 V T E E E C E Z D Q E C N T E
 H O S K E T Y L L C T A P C C
 B N G L U S Y J E M N L L H C
 J Z F T A B H X Z C L N A I U
 H E F O O R P R E T A W N N S
 R P E R S O N A L I Z E N G A
 H Y P O T H E R M I A Y I C L
 A C C O M P L I S H M E N T S
 N M Z V N B Q L P N M P G Q K
 S E I T I N U T R O P P O U B

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

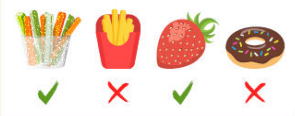


Eat a variety of foods each day.

<p>Fruits</p>		<p>Vegetables</p>	
<p>Grains</p>		<p>Protein</p>	
<p>Dairy</p>			

Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Chicken & White Bean Soup

Recipe Courtesy: EatingWell Magazine

Servings: 6

Serving Size: 1 1/2 cups

Nutrition Information per serving: 248 calories; protein 35.1g; carbohydrates 14.8g; dietary fiber 4g; sugars 1.3g; fat 5.8g; saturated fat 1.4g; cholesterol 79.3mg; vitamin C 3.6mg; calcium 41.2mg; iron 1.9mg; potassium 408.2mg; sodium 244.1mg

Ingredients:

2 teaspoons extra-virgin olive oil
2 leeks, white & light green parts only, cut into 1/4 inch rounds
1 tablespoon chopped fresh sage, or 1/4 teaspoon dried
2 -14 oz cans reduced sodium chicken broth
2 cups water
1 -15 oz can cannellini beans, rinsed
1 (2 pound) roasted chicken, skin discarded, meat removed from bones & shredded (4 cups)

Directions:

Heat oil in a dutch oven over medium-high heat. Add leeks & cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth & water, increase heat to high, cover & bring to a boil. Add beans & chicken & cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.

Contact Us

Contact the Division of Aging at

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Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

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