

PEAS AND CARROTS



Indiana FSSA's Division of Aging

February 2026

Get Fit So You Can Do More!



Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

1 Endurance

So you can



climb steps



dance the night away



2 Strength

So you can



lift groceries



carry grandchildren



“Exercise should be regarded as tribute to the heart.”

- Gene Tunney

In This Issue

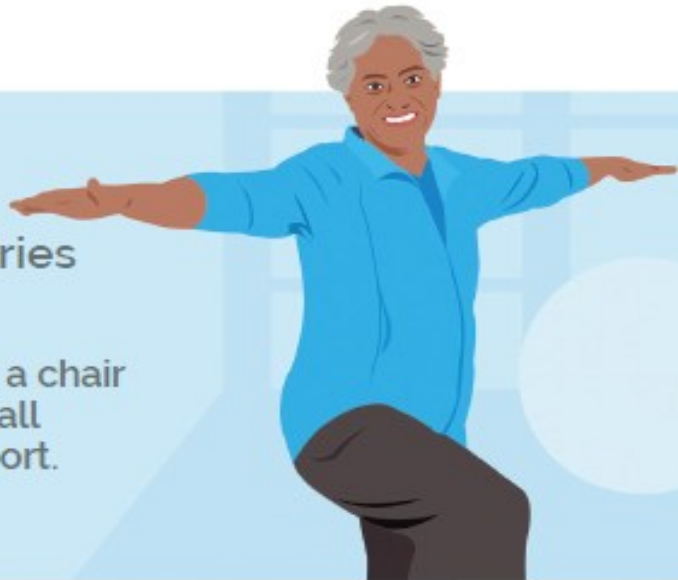
- ◆ Get Fit
- ◆ Take Action for Your Heart
- ◆ What to Eat vs . Limit
- ◆ Word Search
- ◆ National Cherry Month
- ◆ Recipe

3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



4 Flexibility

So you can



drive



get dressed



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

Visit nia.nih.gov/health/exercise

Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the Dietary Approaches to Stop Hypertension (DASH) eating plan, which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.



Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your plan for quitting.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.



Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



National Heart, Lung,
and Blood Institute



Control Cholesterol

Unhealthy levels of **cholesterol** can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.

Practice Self-Care & Find Social Support

Daily acts of **self-care** can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.


For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](https://www.hearttruth.gov)



Tips on What to Eat vs. Limit

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It does not require any special foods and provides daily and weekly nutritional goals. The DASH eating plan supports overall heart health and helps lower high blood pressure and LDL “bad” cholesterol.

 **Eat This**

 **Limit This**

 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

This plan recommends:

- ➔ Eating vegetables, fruits, and whole grains
- ➔ Eating foods rich in potassium, calcium, magnesium, fiber, and protein
- ➔ Choosing low-or reduced-sodium, or no-salt-added versions of foods
- ➔ Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- ➔ Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- ➔ Limiting sugar-sweetened beverages and sweets

Find recipes, tools, and resources at nhlbi.nih.gov/DASH

WORD SEARCH

Word Search Bank

BALANCE

BENEFITS

CHERRIES

DIETARY

ENDURANCE

EXERCISE

FIBER

FLEXIBILITY

LOW FAT

MAGNESIUM

SELF CARE

SLEEP

STRENGTH

STRESS

VEGETABLE

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

National Cherry Month

February 1, 2025– February 28,2025

Types: Sweet or Tart (Sour)

Harvested in Northwest and Northeast Indiana July1st—September 15th.

Available year around in multiple forms: dried, frozen, canned, juice, and juice concentrate

Nutrition Facts: 1 cup serving without pits(sweet cherries)

97 Total Calories; 0.308g Total Lipid Fat; 24.6g Carbohydrates; 3.23g Dietary Fiber; 19.7g Total Sugars; 1.63g Protein;20mg Calcium; 0mg Sodium; 0.554mg Iron; 16.9mg Magnesium; 32.3mg Phosphorus; 342 mg Potassium; 10.8mg Vitamin C

Resources: <https://www.in.gov/dwd/job-seekers/migrant-and-seasonal-farm-worker/indiana-seasonal-crop-calendar/>; <https://fdc.nal.usda.gov/food-details/171719/nutrients>



Picture Courtesy of
Pixabay:stevepb

Chocolate-Cherry Protein Shake

Recipe Courtesy: <https://www.eatingwell.com/chocolate-cherry-protein-shake-8745600>

Servings: 2

Serving Size: 2 cups

Nutrition Information: 337calories; 88mg Sodium; 49g Total Carbohydrates; 8g Dietary Fiber; 27g Total Sugars; 15g Protein; 12g Total Fat; 2g Saturated Fat; 6mg Cholesterol; 14mg Vitamin C; 112mg Calcium; 3mg Iron; 95mg Magnesium; 861mg Potassium

Ingredients:

1 1/2 cups unsweetened vanilla soymilk
2 medium frozen bananas, sliced (about 1 1/2 cups)
1 cup frozen pitted dark cherries
1/2 cup reduced-fat plain strained (Greek-style) yogurt
2 tablespoons natural peanut butter
1 tablespoon cocoa powder

Directions:

Combine soymilk, sliced bananas, cherries, yogurt, peanut butter, and cocoa powder in a blender; process until smooth and creamy, 1 to 2 minutes, increasing the speed from low to high. Serve immediately.

Contact Us

Contact the Division
of Aging at

1-888-673-0002

Monday through Fri-
day 8 a.m. to 4:30
p.m. EST

or visit us online:
[www.in.gov/
fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

Division of Aging
402 W. Washington
St., Room W454, MS21
Indianapolis, IN 46204

PLACE
STAMP
HERE