



A Guide to Healthy Eating for Older Adults and Health Conditions

The holiday season is a time of joy, celebration, and, of course, indulgent feasts. For older adults, especially those with health conditions, maintaining a balance between festive enjoyment and health can be a challenge. At Granite State Senior Games Inc., we understand the importance of holistic well-being, and that includes making informed choices during the holiday season. In this news article, we'll explore practical tips to combat holiday eating and stay healthy, tailored specifically for older adults with health conditions.

1. Plan Mindful Menus:

One of the keys to healthy holiday eating is planning. Create a menu that includes a variety of nutrient-dense foods, such as lean proteins, colorful vegetables, and whole grains. Opt for lighter cooking methods, like grilling or baking, and experiment with herbs and spices to enhance flavor without excess salt.

2. Stay Hydrated:

Amidst the holiday festivities, it's easy to forget about hydration. Ensure you drink plenty of water throughout the day. Staying hydrated not only supports digestion but also helps control appetite. Consider infusing water with citrus or herbs for a refreshing twist.

3. Control Portions:

While it's tempting to load up on holiday favorites, moderation is key. Use smaller plates to control portion sizes, and savor each bite mindfully. Listen to your body's hunger and fullness cues, and take your time enjoying the company and conversation.

- more -

4. Be Selective with Treats:

Holiday sweets are a tradition, but you can be selective without feeling deprived. Choose smaller portions of your favorite treats, and opt for healthier dessert alternatives when possible. Fresh fruit, yogurt parfaits, or dark chocolate-dipped fruits can be delightful alternatives.

5. Manage Stress:

Stress can impact both mental and physical well-being. Practice stress-reducing techniques such as deep breathing, meditation, or gentle exercises like tai chi or yoga. Managing stress is crucial for overall health and can help prevent emotional eating.

6. Communicate Dietary Restrictions:

If you have specific dietary restrictions due to health conditions, don't hesitate to communicate them to your host or prepare a dish to bring along. Most hosts appreciate knowing about dietary needs and are often willing to accommodate.

7. Stay Active:

Physical activity is an excellent way to offset the effects of holiday indulgence. Encourage light, enjoyable activities such as walking or dancing.

8. Consult with Healthcare Providers:

Before making significant changes to your diet or exercise routine, consult with your healthcare provider. They can provide personalized advice based on your health conditions and ensure that any modifications align with your overall well-being.

Remember, the holiday season is about joy, connection, and celebration. By making thoughtful choices and staying mindful of your health, you can savor the festivities while prioritizing your well-being. From all of us at Granite State Senior Games Inc., we wish you a healthy, happy, and fulfilling holiday season!

To read more, visit the National Senior Games Association website:

<https://nsga.com/wellness-dimensions-in-the-senior-games/>

Looking forward to the next year's 2024 New Hampshire Senior Games:

Granite State Senior Games, Inc. believes in providing a platform for seniors to embrace the power of balance and enjoy a well-rounded and healthy lifestyle. Our organization offers a wide range of sporting events designed to cover all areas of fitness and cater to diverse interests and abilities. From physically intense sports like basketball and pickleball to very challenging activities like golf and bowling, our events provide opportunities for seniors to stay active, connect with fellow athletes, and challenge themselves in a supportive and inclusive environment.

Participating in the New Hampshire Senior Games allows you to discover new passions, set and achieve personal goals, and experience the joy of healthy competition. Whether you're a seasoned athlete or just starting your fitness journey, our events provide a platform for you to engage in activities that promote physical fitness, mental well-being, and social connections. Join us and become a part of a community that celebrates the power of balanced and active living.

To learn more about our upcoming 2024 season of the New Hampshire Senior Games, please follow us on social media to stay up to date with important information. We look forward to welcoming you to our vibrant community and supporting you in your pursuit of a balanced and healthy lifestyle.

- more -

About the New Hampshire Senior Games

The mission of the Granite State Senior Games, Inc. (GSSG) is to promote, organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. Our mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit 501(c)(3) and New Hampshire Registered Public Charity all volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games' (GSSG's) sporting events are known as the New Hampshire Senior Games (NHSG). We are New Hampshire's premier multi-sport event for the 50+ population. NHSG is the only New Hampshire organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games held every other year in odd-numbered years. To learn more, please visit www.nhseniorgames.org.



###