

**Health Tips for Seniors During the COVID-19 Pandemic**

**Remain healthy and active: It is important to practice self-care daily. This is important for one’s mental, emotional, and physical health.**

**How to Sustain a Healthy Diet**

* **Drink plenty of water. The average recommendation for older adults is about 7 cups a day.**
* **Eat Fruits and Vegetables regularly throughout meals. Apples have a great source of vitamin C and are known to balance out blood sugar levels. Greens such as kale, spinach, and broccoli have been connected to bringing down degrees of intellectual decay as individuals age.**
* **Do light exercises. Walk, bike, and do squats.**
* **Make sure you are getting enough sleep. 7-8 hours of sleep is recommended.**
* **A one-hour nap in the afternoon is beneficial for improving cognitive abilities.**
* **Practice Meditation. Meditation can take place when walking and in bed.  It is a mental exercise, which focuses on breathing and helps arrive at an uplifted degree of mindfulness. [Source: www.helpguide.org]**