

Be healthy — be wealthy

By Carolyn Benepe

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I place great value on good health; it is the kind of wealth I wish for all people.

I also believe that better health is within nearly everyone's reach. Eating healthfully and being physically active don't have to be expensive; in fact, adopting a healthy lifestyle is a very good investment for our future.

As Jane Brody said in a recent article, "Now may be a good time to bring back the basics — the nutritious and affordable foods that have been all but forgotten."

Perhaps while we might feel squeezed by our current economy, we can expand our efforts to make healthy choices for ourselves and our families and make an investment in our health through inexpensive means like family meals and no-cost physical activities such as walking.

Just this past weekend I attended a professional conference that addressed diabetes and obesity and the many links between the two. We had a chance to learn more about effective strategies that

help people achieve lifestyle changes that positively impact their health.

In some cases the research showed that a healthy lifestyle — incorporating moderate physical activity and healthful food choices — was as effective as medications for controlling some adverse health conditions. And, as a diabetes educator reminded me, a healthy lifestyle can increase the effectiveness of any medication.

Another clear take-home message came from Dr. Timothy Church from Pennington Biomedical Research Center, where he studies the impacts of physical activity.

Wow, talk about a great return on one's investment! We saw that just 10 minutes a day of physical activity (his favorite ways to get people moving were walking, walking, and walking) can dramatically improve a person's longevity compared to those people who are sedentary.



**Center
Stage**

Carolyn
Benepe



Ten minutes of moderate physical activity a day, just 70 minutes a week — I figure even skeptics can get up and move that much. I challenge anyone to give it a

try, and if you don't feel better in a year, I'll buy your lunch at the Senior Center.

Which brings me to another favorite topic of mine, our Senior Center Meal Program. We need to ask for your support. We encourage you to come have lunch with us.

Your participation, those of you sitting at the tables and others receiving Home Delivered Meals, helps keep our program thriving. So please consider coming for a meal often or just on occasion.

We serve at the Senior Center — 211 Smith St. — every day of the year from 11:30 a.m. to 12:45 p.m. We have our

daily hot line as well as a Soup, Sandwich and Salad Bar on Tuesdays, Thursdays and Fridays.

We have a \$4 suggested donation for persons age 60 or better or a cost of \$5.50/meal for those under 60. And for you downtown types ... you could even get that 10-minute walk at lunchtime from your workplace to the center and back.

In addition to our numerous friendly meal sites (the Senior Center, Heritage Towers, Dayton, Story and Big Horn), we offer the Home Delivered Meals Program. Meals are delivered seven days a week to the homes of people who experience challenges "getting out."

Dependable and caring volunteers deliver on average 130 meals a day. Meals are prepared in the Senior Citizens Center's kitchens for homes around Sheridan. Please call Shirley Knisley at 672-2240 to find out if Home Delivered Meals are for you.

Give us a try. Have a good meal with good folks. Call your friends and family and meet for lunch at one of our locations. We do our best for you!