

Top 30 Tips for Staying Fit As You Age

Midlife Passage Point



Build your strength from within:

What are your three wishes for your own fitness and well-being as you age? When you zero in on your unique three wishes, you begin to zero in on your own personal vision and aspirations.

Create an affirmation.

Affirmation statements are simple, yet powerful statements that tap into your expectations and intentions. By putting together positive words and thoughts that describe your vision, and repeating those words regularly, you bring an energy and focus to your vision.

An affirmation can continue to be a guiding light for years. It can bring definition and power to your aspirations. It instills confidence and brings the future into the present.

Try one! *My trim, well-tuned body is alive with grace, strength and flexibility.*

Once you have written your affirmation, carry it with you or commit it to memory so you can repeat it often and supply your subconscious with the positive images and emotions of your desires! Boost your possibilities for success in making desired changes by harnessing the power of both your conscious and subconscious mind.

Cultivate progress NOT perfection. Remember that the pressure of seeking perfection can actually work against you reaching your goals and desires.

Set small reachable steps and celebrate the small victories!

Eliminating one chocolate chip cookie a day can reduce 50 calories and result in weight loss of several pounds over time.

Use Mental Rehearsal. Close your eyes and picture yourself acting in just the way you want to be acting. What words will you say? What will you be feeling? How will you be acting? See yourself exactly as you'd like to be with grace and ease.

© 2011 PASSAGE POINTS. ALL RIGHTS RESERVED.

PATH TO
✓ DISCOVERY

Start your
journey today!

Call 919-260-7536
or visit us online at
www.passagepoints.com

PASSAGE POINTS
Chapel Hill, NC •

South Portland, ME

Midlife Reflection
↓
Paint



Make three small changes to your eating habits. For example:

Identify your “danger zone”: Speed eating? Too many refills? Parties? Heavy grazing before or after dinner?

Be aware that you make more than 200 food choices everyday. Cutting 100-200 calories a day can lead to a satisfying weight loss!

Divide your plate into thirds with protein, vegetables, fruits and grains making up 2/3 of the plate and “accessories” like potatoes, pasta, etc filling the other 1/3.

Once you serve up your meal, with a reasonable portion of each item, then put the rest of the food away, or pack it into a doggy bag for later, or leave the serving dishes on a distant kitchen counter, not on the table.

Remember once you are full you can scrape food off your plate. The food will not feel rejected or unloved. And children in far-off parts of the world will not be offended either.

Use smaller plates. Serve ice cream or chips and salsa using an espresso cup. Use a sandwich or smaller plate instead of a huge dinner plate for your main meal.

Don't “snackrifice”. Plan and eat healthy snacks every 3 hours or so, between meals. Think: fruit, popcorn, yogurt, almonds, soup, cheese, rice cakes, veggies and hummus, etc. Add in some water, decaf tea, or soda water, etc. and you're good to go.

Practice the “three-bite-rule”. The first bite is for flavor, the second bite is for texture, and the third bite is for the essence. With this rule, you can sample and avoid overloading on any delicious dessert or high calorie delight.

Cook and eat more creatively. Buy a wok and you can become a flexitarian! Heat up some oil in the wok, add vegetables (garlic, peppers and onions, or broccoli, or asparagus, etc) then add in a protein (chicken, shrimp, pork strips, tofu) and add in some Soytaki from Trader Joe's or other seasoned sauce or seasoning (fresh ginger is yummy) and you have a delicious dinner.

Try adding more veggies and beans to your chili and cut down on the red meat. Try one vegetarian recipe a

START YOUR
JOURNEY TODAY!

PASSAGE POINTS
Chapel Hill NC +
South Portland, ME

Call 919-260-7536
or visit us online at
www.passagepoints.com

© 2011 PASSAGE POINTS. ALL RIGHTS RESERVED.

← SCENIC
MIND LIFE VISTA



week. Experiment with Mexican cooking: We love enchiladas! Mix up some beans, rice, mushrooms, cooked chicken and salsa (another chance to be creative here—you could mix cooked sweet potato chunks with some kale and low fat ricotta cheese) Put a scoop of your mixture on each tortilla, roll each one up and place them next to each other in a Pyrex-like casserole dish. Cover with a can of enchilada sauce and sprinkle with grated Mexican grated cheese. Bake for about 20 minutes and enjoy!

Tailor a play/workout plan to meet your needs and desires

Think back to physical activities you have loved in the past, maybe as a kid. Sit back and imagine yourself enjoying this activity. Feel all of the sensations: colors, sounds, feeling of the air, smells. Let this experience spark ideas about the type of physical activities you might enjoy now.

Be active for at least 10 minutes at a time.

Do a mix of aerobic activity, resistance (strength training), and stretching. The biggest benefits come with an exercise plan that incorporates all three.

Aerobic = walking, running, biking, swimming, dance, yard/house work, grandkids, sports

Resistance = working with free weights, bands or on weight machines

Stretching = yoga, martial arts, tai chi, stretching exercises

Warm up before and cool down and stretch after all exercise.

Surround yourself with your own personal support squad. Ask for help and support from friends and family when you need it. And, in turn, offer your help and support to others—it's a great way expand your own sense of connection and well-being!

Who are you spending your time with? Expand the time you spend with nourishing and encouraging people. Create a safe distance between yourself and toxic, draining people.

Try some new activities with your social group: Invite new/old friends to take a walk at Jordan Lake; get together with new/old friends to cook a new vegetarian or Mexican meal, etc.

© 2011 PASSAGE POINTS. ALL RIGHTS RESERVED.

MIND LIFE
CROSSROADS

Start your
journey today!

Call 919-260-7536
or visit us online at
www.passagepoints.com

PASSAGE POINTS
Chapel Hill, NC +
South Portland, ME

Midlife Reflection
↓
Paint



START YOUR
JOURNEY TODAY!

PASSAGE POINTS
Chapel Hill, NC +
South Portland, ME

Call 919-260-7536
or visit us online at
www.passagepoints.com

© 2011 PASSAGE POINTS. ALL RIGHTS RESERVED.