

Physical Activity for the Elderly

Physical inactivity is a major public health concern. Among Chinese adults, average weekly physical activity has been on decline for years.

It is widely accepted that regular physical activity can improve both morbidity and premature mortality in older people. Additionally, exercise can reduce falls, increase cardiovascular fitness, help with balance, and reduce the symptoms of arthritis.

Health guidelines recommend at least 150 minutes a week of activity. This can be done in bouts of 10 min at a time to make it more manageable. Great exercises for the elderly include brisk walking and t'ai chi.

长者体力活动

缺乏身体活动是一个主要的公共卫生问题。在中国成年人中，每周平均体力活动多年来一直在下降。

人们普遍认为，规律的体育锻炼可以改善老年人的发病率和过早死亡率。此外，运动可以减少跌倒、增加心血管健康、帮助平衡和减轻关节炎症状。

健康指南建议每周至少进行 150 分钟的活动。可以每次以10分鐘計算達成150分鐘的活動。适合老年人的运动包括快走和太极拳。



吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 小红萝卜

Vegetable Spotlight: Red Radish

小红萝卜 Red Radish

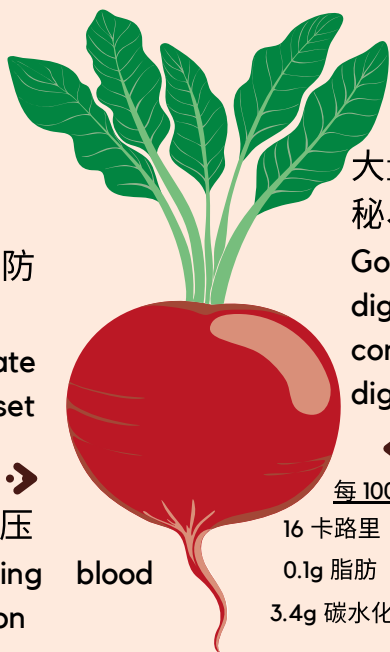
含有某些有助于维持心脏健康的化合物

Contains certain compounds that can help maintain a healthy heart

食用萝卜可以帮助调节血糖并预防2型糖尿病的发作。

Consuming radish can help regulate blood sugar and prevent the on-set of diabetes type 2.

萝卜有助于平衡高血压患者的血压
Radishes can help in balancing blood pressure for those with hypertension



季节: 5月至6月; 9月至10月
Season: May-June; Sept.-Oct.

大量有助于消化的纤维, 可预防便秘、胃酸逆流和消化系统疾病

Good amount of fiber that helps with digestion and can prevent constipation, acid reflux and digestive disorders

每 100 克		PER 100 GRAMS:	
16 卡路里	0.7g 蛋白质	16 calories	0.7g protein
0.1g 脂肪	1.6g 纤维	0.1g fat	1.6g fiber
3.4g 碳水化合物, 1.9g 总糖		3.4g carb	1.9g total sugars



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萝卜米线

(4-5人份)

Radish w/ Rice Noodles

(serves 4-5)

食材

- 4束米粉，煮熟
- 1包老豆腐，切丁
- 半个洋葱，切碎
- 4瓣大蒜，切碎
- 1汤匙鱼露
- 2汤匙芝麻油
- 1汤匙低盐酱油
- 1束小红萝卜，洗净并磨碎
- ½杯香菜，切碎
- 2汤匙罗勒叶，切片
- 2汤匙生姜，切碎

INGREDIENTS

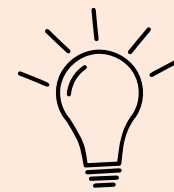
- 4 bundles rice noodles, cooked
- 1 package firm tofu, cubed
- ½ onion, minced
- 4 garlic cloves, minced
- 1 tbsp fish sauce
- 2 tbsp sesame oil
- 1 tbsp low sodium soy sauce
- 1 bunch red radishes, washed&grated
- 1 cucumber, sliced
- ¼ bunch cilantro, chopped
- 6 basil leaves, sliced
- Black pepper, for taste

做法步骤:

1. 在一个大碗里，把煮熟的米粉、米醋和酱油搅拌。
2. 将豆腐在酱汁中腌制至少30分钟。
3. 将豆腐在 400 F 下烘烤 20-30 分钟或直到豆腐呈金黄色。
4. 在一个碗里，加入米粉、红萝卜、黄瓜、香菜、罗勒叶和豆腐。在上面淋上一点鱼露，尽情享受吧！

INSTRUCTIONS

1. In a large bowl, mix together the onion, garlic, fish sauce, soy sauce, oil, and a sprinkle of black pepper. Marinate the tofu in the sauce for at least 30 min.
2. Bake the tofu at 400 F for 20-30 minutes or until the tofu is golden.
3. In a bowl, add the rice noodles, red radishes, cucumber, cilantro, basil leaves, and baked tofu. Drizzle with a bit of fish sauce on top and enjoy!



你知道吗?

吃素食的蛋白质来源，例如豆腐，而不是肉类，可以帮助降低胆固醇并降低罹患心脏病的风险!

DID YOU KNOW?

Eating vegetarian sources of protein, such as tofu, instead of meat can help lower cholesterol and decrease the risk of heart disease!