

Area Agency on Aging of Somerset County

1 Italian Marinated Pork Chop Spanish Rice Broccoli & Cauliflower Applesauce Milk	2 Chicken Patty w/Cheese on Wheat Bun Lettuce Leaf Cucumber & Tomato Salad Apricot Halves Milk	3 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk	4 Vegetable Soup Egg Salad on Wheat Bun Mozzarella Cheese Stick Carrot Raisin Salad Fresh Orange Crackers Milk	5 Potato Crusted Cod Tartar Sauce Cheesy Hash Browns Normandy Vegetables Fruit Cup Milk
8 <u>BIRTHDAY LUNCH</u> Meatloaf Scalloped Potatoes Sliced Carrots Diced Peaches White Cake w/Icing Milk	9 Chicken Rice Soup Tuna Salad on Wheat Bun V8 Juice Cole Slaw Applesauce Crackers Milk	10 Lasagna Mixed Green Salad w/Cheese Banana Italian Bread w/Margarine Milk	11 Hot Dog on Bun Potato Salad Citrus Fruit Salad Milk	12 Stuffed Pepper Mashed Potato Mixed Vegetables Fruit Medley Yogurt Milk
15 Baked Cod Loin Tartar Sauce Mini Pierogis Broccoli Salad Fruit Cup Milk	16 Porcupine Meat- balls Scalloped Potatoes Brussel Sprouts Diced Pears Sugar Cookie Milk	17 Kielbasa w/Sauerkraut Mashed Potatoes Sliced Carrots Apricot Halves Milk	18 Ham Pot Pie Mixed Green Salad w/Egg Fresh Apple Rye Bread w/Margarine Milk	19 Chicken/Vegetable Alfredo over Noodles Peas/Carrots Pineapple Tidbits Cottage Cheese Milk
22 Baked Chicken w/Gravy Mashed Potatoes Normandy Vegetables Fresh Orange Dinner Roll w/Margarine Milk	23 Cheeseburger on Wheat Bun Lettuce & Toma- toes Pickled Egg/Beets Fruit Cocktail Milk	24 Chicken Noodle Soup Ham Salad on Whole Grain White Bread Broccoli Salad Tropical Fruit Salad Milk	25 Roast Turkey w/Gravy Mashed Potatoes Capri Vegetables Cranberry Salad Wheat Dinner Roll w/Margarine Milk	26 Roast Pork w/Gravy Mashed Potatoes Succotash Mandarin Oranges Rye Bread w/Margarine Milk
29 Chopped Steak w/Gravy Mashed Potatoes Capri Vegetables Diced Peach Milk	30 Ham, Green Beans, & Potatoes Mixed Green Salad w/Egg Diced Pears Rye Bread w/ Margarine Milk			

**Please call by 1:00 p.m. the day prior to cancel
your meal if you will not be home. 814-443-2681**

APRIL IS **MOVE MORE MONTH**, TIME TO GET UP AND MOVE!

Move More Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?
Don't **chuck** your goal, **chunk** it!
Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.



Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the [NHLBI website](https://www.hearttruth.gov/).

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity.
Start gradually and increase slowly.

Learn more about:

- [CDC Target Heart Rate and Estimated Maximum Heart Rate.](https://www.hearttruth.gov/learn-more/about/cdc-target-heart-rate-and-estimated-maximum-heart-rate)
- [Different types of physical activity.](https://www.hearttruth.gov/learn-more/about/different-types-of-physical-activity)
- [Recommendations for children, older people, and pregnant women.](https://www.hearttruth.gov/learn-more/about/recommendations-for-children-older-people-and-pregnant-women)



National Heart, Lung,
and Blood Institute



[hearttruth.gov](https://www.hearttruth.gov)