

LIKE THE WAY YOU MOVE:

THE IMPORTANCE OF OPTIMIZING NUTRITION AS YOU AGE



Getting older doesn't mean slowing down, but keeping up with activities—and grandkids—requires maintaining your mobility and getting the right nutrition to help you stay active.

Physical changes impact nutritional needs

Proper nutrition is essential to maintaining activity levels as well as defending your body against chronic illness and disability. However, as our bodies age, nutritional demands change with them. There are many physical changes that begin to directly and indirectly impact what good nutrition looks like for older adults.

For instance, many critical processes slow down or become less efficient, such as your metabolism and ability to absorb certain nutrients. With age can also come a loss of appetite due to changes in smell and taste, as well as your body's need for fewer calories. Because you no longer need as many calories to stay fueled, each calorie must pack a bigger nutrient punch.

Changes in body composition can affect mobility and are also influenced by nutrition. Older adults start to lose lean muscle and bone density. Joints also begin to wear down, and older adults may start noticing pain during certain movements.

So, whether it's a jog in the park, family dinners, walking the dog or just taking care of things around the house—it's important to optimize your nutrition to help you stay active and independent.

Good mobility starts with strong muscles and bones

As we age muscles and bones get weaker, making it harder to move freely and increasing the risk of falls and fractures.

One common factor contributing to muscle loss among older adults is inadequate protein intake. Experts recommend higher protein intake for adults over the age of 65 to maintain muscle mass. Consuming more protein throughout the day (20-35g per meal) can help optimize intake and maximize utilization. Foods like meat, fish, and nuts are great protein-rich sources. Well-balanced nutritional drinks, like **BOOST[®] Mobility**, are also an excellent way to get more protein into your diet.



As for bones, calcium helps build and maintain bone, while vitamin D supports calcium absorption. Unfortunately, as we age, our bodies absorb calcium less efficiently, and vitamin D production slows down. That means you may need more of each. Dairy and leafy green vegetables are good sources of calcium, while vitamin D is found in a variety of fish, such as salmon and sardines.

There are also many activities that can help strengthen muscles and bones. From lifting weights to gardening, activities that apply resistance to major muscle groups can add much-needed support. Meanwhile, bones can benefit from weight-bearing activities like jogging or dancing.



Stay comfortable by supporting your joints

Luckily, by getting enough calcium and vitamin D to support your bones, you'll also be supporting your joints. Other nutrients can also play a role. Having healthy cartilage in our joints is what makes it easier to move. Collagen is a key structural component of cartilage, and helps provide cartilage strength and flexibility. Researchers believe that adding supplemental collagen to your diet may help stimulate collagen production in the body as well as help improve joint comfort.

Incorporating activities like stretching and yoga can help with joint stiffness and pain. Other joint-friendly activities, such as biking and swimming, can also help keep joints comfortable and strong.

Maintain the energy you need to get-up and go

B-vitamins, such as B6 and B12, play many vital roles, including helping to convert food into energy. However, almost 40% of older adults may exhibit mild deficiency and depleted stores of B12. Those at risk of a deficiency may benefit from vitamin B supplements. Whole grains and eggs are examples of foods rich in B-vitamins.



Protect your future health

Magnesium, found in nuts and legumes, is important for bone health and diets with higher amounts of magnesium are associated with a significantly lower risk of diabetes. Consuming adequate potassium, an important electrolyte commonly found in fruits, helps support muscle function and may lower the risk of high blood pressure.

Antioxidants are a select group of nutrients that help protect cells against oxidative damage, which can contribute to cardiovascular disease, macular degeneration, cognitive impairment, and muscle loss. Some essential antioxidants include vitamin C, vitamin E, and selenium. Many fruits, vegetables, and whole grains are high in antioxidants.



Stay mobile, stay social

Adding fortified drinks can also help you get the macro- and micro-nutrients that healthy older bodies need. Nutritional drinks like **BOOST[®] Mobility** are a convenient way to obtain key nutrients to support your joints, muscles, and bones to help keep you moving.

In addition to nutrition and activity, staying social is critical to optimizing your health. So make sure to spend time with family and friends: even phone or video calls with them can be beneficial. By engaging your mind as well as your body, you're supporting your health and overall well-being.

Find out more about what sets **BOOST[®]** apart

LEARN MORE



Get the most out of your **BOOST**



**LIKE THE MAN YOU RODE:
THE IMPORTANCE OF OPTIMIZING NUTRITION AS YOU AGE**

Getting older doesn't mean slowing down, but keeping up with activities—and grandkids—requires maintaining your mobility and getting the right nutrition to help you stay active.

Physical changes impact nutritional needs

Proper nutrition is essential to maintaining activity levels as well as defending your body against chronic illness and disability. However, as our bodies age, nutritional demands change with them. There are many physical changes that begin to directly and indirectly impact what good nutrition looks like for older adults.

For instance, many critical processes slow down or become less efficient, such as your metabolism and ability to absorb certain nutrients. With age can also come a loss of appetite due to changes in smell and taste, as well as your body's need for fewer calories. Because you no longer need as many calories to stay fueled, each calorie must pack a bigger nutrient punch.

Changes in body composition can affect mobility and are also influenced by nutrition. Older adults start to lose lean muscle and bone density. Joints also begin to wear down, and older adults may start noticing pain during certain movements.

So, whether it's a jog in the park, family dinners, walking the dog or just taking care of things around the house—it's important to optimize your nutrition to help you stay active and independent.

Good mobility starts with strong muscles and bones

As we age muscles and bones get weaker, making it harder to move freely and increasing the risk of falls and fractures.

One common factor contributing to muscle loss among older adults is inadequate protein intake. Experts recommend higher protein intake for adults over the age of 50 to maintain muscle mass. Consuming more protein throughout the day (20-35g per meal) can help optimize intake and maximize utilization. Foods like meat, fish, and nuts are great protein-rich sources.

Well-balanced nutritional drinks, like **BOOST[®] Mobility**, are also an excellent way to get more protein into your diet.

VITAMIN D SOURCE



CALCIUM SOURCE



As for bones, calcium helps build and maintain bone, while vitamin D supports calcium absorption. Unfortunately, as we age, our bodies absorb calcium less efficiently, and vitamin D production slows down. That means you may need more of each. Dairy and leafy green vegetables are good sources of calcium, while vitamin D is found in a variety of fish, such as salmon and sardines.

There are also many activities that can help strengthen muscles and bones. From lifting weights to gardening, activities that apply resistance to major muscle groups can add much-needed support. Meanwhile, bones can benefit from weight-bearing activities like jogging or dancing.



Stay comfortable by supporting your joints

Luckily, by getting enough calcium and vitamin D to support your bones, you'll also be supporting your joints. Other nutrients can also play a role. Having healthy cartilage in our joints is what makes it easier to move. Collagen is a key structural component of cartilage, and helps provide cartilage strength and flexibility.

Researchers believe that adding supplemental collagen to your diet may help stimulate collagen production in the body as well as help improve joint comfort.

Incorporating activities like stretching and yoga can help with joint stiffness and pain. Other joint-friendly activities, such as biking and swimming, can also help keep joints comfortable and strong.

Maintain the energy you need to get-up and go

B-vitamins, such as B6 and B12, play many vital roles, including helping to convert food into energy. However, almost 40% of older adults may exhibit mild deficiency and depleted stores of B12. Those at risk of a deficiency may benefit from vitamin B supplements. Whole grains and eggs are examples of foods rich in B-vitamins.

B-VITAMINS SOURCE

Protect your future health

Magnesium, found in nuts and legumes, is important for bone health and diets with higher amounts of magnesium are associated with a significantly lower risk of diabetes. Consuming adequate potassium, an important electrolyte commonly found in fruits, helps support muscle function and may lower the risk of high blood pressure.

Antioxidants are a select group of nutrients that help protect cells against oxidative damage, which can contribute to cardiovascular disease, muscular degeneration, cognitive impairment, and muscle loss. Some essential antioxidants include vitamin C, vitamin E, and selenium. Many fruits, vegetables, and whole grains are high in antioxidants.

MAGNESIUM SOURCE

Stay mobile, stay social

Adding fortified drinks can also help you get the macro- and micro-nutrients that healthy older bodies need. Nutritional drinks like **BOOST[®] Mobility** are a convenient way to obtain key nutrients to support your joints, muscles, and bones to help keep you moving.

In addition to nutrition and activity, staying social is critical to optimizing your health. So make sure to spend time with family and friends: even phone or video calls with them can be beneficial. By engaging your mind as well as your body, you're supporting your health and overall well-being.

Find out more about what sets **BOOST[®]** apart

[LEARN MORE](#)

Name

Phone No.

Company

Address

City

State

Country

Zip Code

How did you hear about us?

On App?

For whom?

