

Shape of the City Focuses on Older Adults

For the first time, 10 Health TV's Shape of the City produced an entire episode this fall dedicated to older adults.

The program includes interviews with local experts about the importance of older adults making healthy choices, not only for themselves but for their grandchildren's sake as well.

The first segment focuses on general fitness and nutrition tips for the aging population and features guests Tracie Foreman, Aging Partners

Health & Fitness, and Denise Boyd, Aging Partners registered dietitian.

Foreman explained how older adults can stay active in the community and their home, addressing the fitness options available for those who have mobility challenges. Because older adults lose muscle mass as they age, she mentioned the importance of adding strength training to a fitness routine. An older adult's balance system degrades over time as well, to which Foreman described the importance of practicing balance exercises and participating in the Stepping On evidence-based program.

Fitness and nutrition go hand-in-hand, Boyd explained in her interview. While important as it is to strength-train for improved muscle mass, it is equally as important to feed the muscles properly with lean protein, she said. Boyd described the United States Department of Agriculture's MyPlate nutrition model and the various nutritional services Aging Partners offers.

During the second segment, the program emphasized healthy eating and activities grandparents can enjoy with their grandchildren.

Mary Johnson of the F Street Community Center and Lincoln Parks



Melissa Fuller, Channel 10 Health coordinator, films Tyler Sellentin, 13, and his grandfather Jerry Sellentin, playing pingpong together at the Calvert Recreation Center for the October Shape of the City episode dedicated to aging.

& Recreation reminded audience members that finding healthy activities to do together can motivate both generations to lead a healthier lifestyle. She encouraged older adults that improving their routines could enable them to better interact with their grandchildren, such as improving balance so they can ride bikes together or taking regular walks so they can walk with their grandchild.

Marcia Wallen, MS, RD, LMNT, wellness coach and registered dietitian at the Williamsburg Hy-Vee, discussed healthy nutrition as it relates to both grandchildren and grandparents. She highlighted ways to prepare food together that is both fun to make and nutritious to eat. Because habits can be developed at a young age, she said it's important for the grandparents to replace sugary treats with healthier options and to keep youth excited about eating healthy.

"Older adults have an impact on children's lives," said Melissa Fuller, 10 Health TV coordinator. "Grandparents can get trapped in that mindset of treating grandchildren with sugar and treats. They think it makes them cool to their grandchild. We're hoping to get the message out there that these are habits they're teaching their grandchildren and that

Did you Know?

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they can help educate them on how to live a healthier lifestyle. That's the big picture."

The final mini-segment was taped on location and featured stories of local grandparents and grandchildren engaging in fitness activities together. These segments prove that staying active with grandchildren not only promotes healthy living, but facilitates bonding and connection.

This Shape of the City episode airs Oct. 1-31 at 3 and 8 p.m. daily and is available for Time Warner and Windstream cable customers. It also can be viewed online at <http://lincoln.ne.gov/city/mayor/cic/5citytv/10health/shape.htm> and on its YouTube channel, <https://www.youtube.com/user/10HealthLincoln>.

