



Exercise

Wellness information and resources to help you live a healthier life.

Ready. Set. Play.

Shake up your fitness routine with fun sports and activities.

Tennis

Helps build and maintain hand-eye coordination.

Golf

Works all the muscles — legs, hips, core and arms.

Table Tennis

Helps with hand-eye coordination and great option for those with movement limitations.

Bocce Ball

Works your arms, legs and coordination.

Dancing

Best form of cardio. With so many styles to choose from — salsa, ballroom, merengue — there's something for everyone.

Shuffleboard

Builds strength in your legs, lower back and arms and works eye-hand coordination.

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Did you know?

Regular physical activity may help lower your risk of age-related muscle loss, also known as sarcopenia. It can also help strengthen bones and improve balance.

H2-whoa!

Water doesn't have to be boring. A few easy add-ins can amp up the taste — and help keep you hydrated. Here are a few ideas for creating refreshing and healthy water beverages.

Purchase a fruit-infuser water bottle and add any of the following: sliced strawberries, lemons, mangoes, watermelon, cucumbers or limes. Kick it up a notch with herbs like basil, mint or cilantro.

Squeeze the juice of an orange into sparkling water.

Squish a few ripe cherries against the side of a glass. Top with soda.

Combine muddled pineapple with coconut water for a light piña colada flavor.



Easy being green breakfast scramble.

By tossing in high-fiber asparagus and nutrient-loaded spinach with protein-packed eggs, this breakfast will fuel your body throughout the morning.

3 eggs, beaten with 1 tablespoon of water, salt and fresh ground pepper to taste	1 tablespoon olive oil
1 tablespoon chopped fresh herbs (parsley, chives, tarragon or basil)	1½ cups asparagus, tough ends trimmed, cut into 1-inch pieces
	2 cups baby spinach

Season the beaten eggs with salt and pepper and stir in fresh herbs. Heat the olive oil in a 10-inch nonstick skillet and add the asparagus to the pan once it's hot. Cover the pan for 1–2 minutes and cook over medium heat until the asparagus is lightly cooked; stir in the spinach and wilt. Push vegetables to the side; pour the eggs into the clean side of the pan and lightly stir with a spatula to scramble. When the eggs are nearly set, stir in the vegetables and season with additional salt and pepper if desired. Serves 2.

Calories: 194, Total Fat: 14.5g, Saturated Fat: 3.3g,
Cholesterol: 317.2mg, Sodium: 279.3mg, Carbs: 5.7g,
Fiber: 2.8g, Sugar: 2.6g, Protein: 12.6g



Have questions about Medicare or want to learn more about Renew — our health and wellness experience? I'm here to help.

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