

**Fads Debunked and Facts Revealed: Fitness and Nutrition for the Older Adult**

**Presented by Christine Dimanche**

**Thursdays, January 8 to February 26, 2026**

**January 8, 2026: Fitness and physical activity – Older adults and exercise**

Myths – Exercise and older adults

What does it mean to be fit when you get older?

Physical activity recommendations

How to get started? Can older adults start an exercise program?

**January 15, 2026: Fitness and physical activity – Exercise and health**

Link between cardiovascular fitness and heart health: how much exercise is necessary?

Can we gain muscle strength and flexibility when we get older?

Why should we maintain muscle mass?

Which exercises work best?

How does exercise improve brain fitness?

Exercise ideas, chair exercises

**January 22: Fitness and physical activity – Balance and falls**

Myths and facts about falls in older adults

- Why are falls in older adults quite common?

How do our bodies keep their balance?

Balance problems because of health problems

- Causes and risks for balance problems
- Increased chance of falls

Steps to reduce risk of falls and balance problems

Make your home fall safe

Balance exercises and their benefits

**January 29, 2026: Nutrition – Healthy diet and eating patterns**

What makes a diet healthy?

What is the role of nutrients in maintaining a healthy body in an older person?

Analysis of popular diets – what is healthy or unhealthy about them?

How can we follow a healthy eating plan – what works and what doesn't?

Why are some eating patterns unhealthy?

Myth or fact: It is hard to put recommendations into action

Myth or fact: It is so hard to switch to healthier eating patterns

Are carbs unhealthy? How many eggs can I eat per day?

Link of meat and health? Is there a place for dairy in a healthy diet?

Is coconut fat a healthy fat?

Sample menus, tips for grocery shopping, and suggestions for overcoming roadblocks to healthy eating (budget, time, living alone)

**February 5, 2026: Nutrition – Special nutritional concerns for older adults**

Nutrient requirements for older adults

Changes in nutritional needs

Older adults and changes in the digestive system

More myths and facts about lactose intolerance, gluten intolerance, food allergens

**February 12, 2026: Controversial topics and confusing terms**

Meaning of terms such as omega-3, probiotics, prebiotics, phytochemicals, phytoestrogen, antioxidants, gluten, green coffee, detox drinks...

Their role in a healthy diet, especially for an aging body

Need for supplementation

**February 19, 2026: Nutrition and plant-based diets**

Types of vegetarian diets

Pros and cons

Facts and myths – is a plant-based diet good for the older adult?

Environmental impact of a conventional diet versus a plant-based diet

How to design a diet including more plant-based protein

Tips and recipes

**February 26, 2026: Nutrition and healthy body weight**

Importance of a healthy body weight

Metabolism and older adults

Losing weight – what actually works?

Exercise more and/or eat less?

Problem: Can't put on weight – how can I gain weight?

Best time to eat

Better food choices for weight management

Practical tips