Healthy aging - even in prison!

Today, people are getting older and older - but are they staying healthy? A lot depends on your own lifestyle. Exercise and a healthy diet are particularly important. People who exercise regularly and eat healthily feel better and protect themselves against diseases such as heart problems, cancer, diabetes, dementia and mental illness.

Even if it may be difficult to realise this in prison, small steps are possible - and they can help to noticeably improve your own situation.

Exercise is important!

Endurance: 150 minutes of light exercise (e.g. walking) or 75 minutes of strenuous exercise (e.g. jogging) per week.

Strength: Strength training twice a week (e.g. squats or weights training)

Mobility: Exercises for balance and mobility three times a week

(e.g. yoga or standing on one leg).

- ► Start slowly and gradually increase the time, frequency and effort.
- Even if you have health problems, stay as active as you can. Every little step counts!

The right diet

Drink: Drink at least 1.5 litres of water or unsweetened tea every day. This helps the body and is good for you.

Nutrients: Eat 5 portions of fruit and vegetables a day for important vitamins, minerals and fibre.

Protein: Eat protein-rich foods (e.g. dairy products, eggs, meat, tofu) at every main meal. Protein strengthens the muscles and the immune system.

Please contact us if you have any questions:

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Institute for Biomedical Ethics

Healthy aging in prison? Challenge accepted!

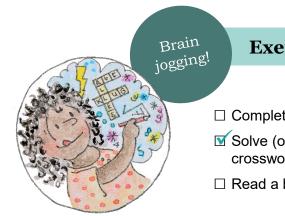
Healthy aging in prison – not easy, but important.

Stay fit with these tips...

Hi!



- \Box Or would you prefer a letter?
- Take the first step.



Exercise for the brain

- \Box Complete the Sudoku.
- Solve (or at least start) crossword puzzles.
- \square Read a book.

Something new more often

Learn!

- Try something new (and stick with it). □ How about chess, handstand, guitar?
- \Box Or drawing and origami?
- \Box Play bridge, Uno or ping-pong?



Self-care!

Nobody's perfect

- \Box Asking for help is ok.
- Talk about it.
- \Box Smile at yourself in the mirror.
- \Box Or laugh with others.
- \Box Be lenient with yourself.

