

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:

Institut für Bio- und Medizinethik
Bernoullistrasse 28, 4056 Basel



This flyer was developed in 2024 as part of the research projects on "Ageing in prison" (Agequake) of the Institute of Bioethics and Medical Ethics at the University of Basel, with project funding from the Swiss National Science Foundation (grants no. 135035, 166043 and 208326).



University
of Basel

Institute for
Biomedical Ethics

Healthy aging in prison? Challenge accepted!

Get fit!
Stay fit!



Healthy aging in prison – not easy, but important.

Stay fit with these tips...

Exercise does the trick

Stay active!



- ☐ Brush your teeth standing on one leg.
- ☐ 10 push-ups before dinner.
- ☐ Sit-ups on the bed.
- ☒ Stand up and shake out every 20 minutes.

Healthy diet

Eat well!

- ☐ Fruit instead of chocolate for dessert.
- ☐ One more glass of water?
- ☒ Carrot instead of sausage.
- ☐ More vegetables?



Hi!

Stay in touch



- ☐ Give a call.
- ☐ Or would you prefer a letter?
- ☒ Take the first step.

Brain jogging!

Exercise for the brain



- ☐ Complete the Sudoku.
- ☒ Solve (or at least start) crossword puzzles.
- ☐ Read a book.

Something new more often

Learn!

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



Self-care!

Nobody's perfect

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

