



Set Your Goals



Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.

My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

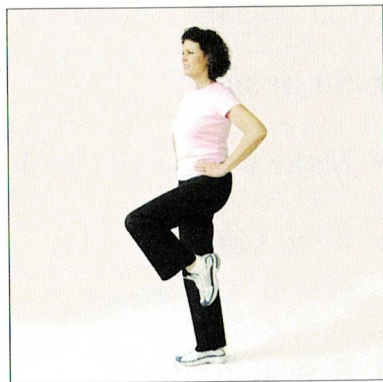
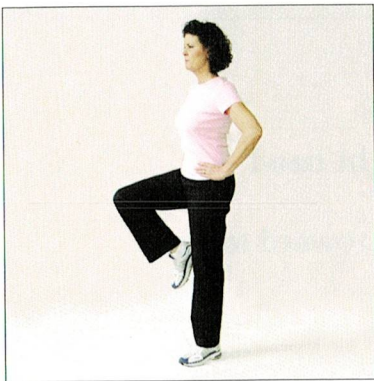
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Minutes of physical activity 	_____	_____	_____	_____	_____	_____	_____
	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes

Exercises

These exercises are designed to help you **build strength**, **improve balance**, and **increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

1 Walking in Place



- Stand up
- Walk in place, raising knees as high as possible
- Continue for 2 minutes
- Breathe deeply while walking

Exercises

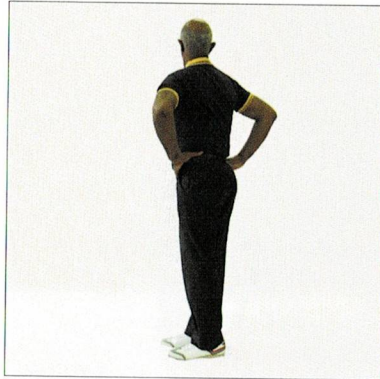
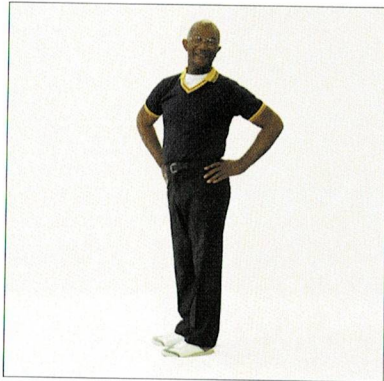
2 Leg Curls



- Stand behind chair and grasp its back
- Keeping knees together, lift your right leg to make a right angle
- Count to 10 holding this position
- Lower foot to the floor
- Repeat 5 times
- Repeat with left leg

Exercises

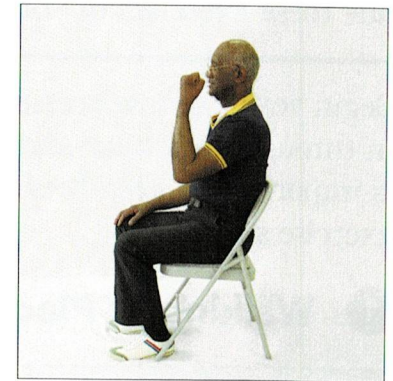
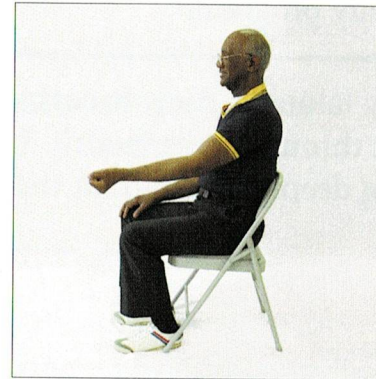
3 Upper Body Twists



- Stand with feet apart and hands on hips
- Slowly turn upper body as far as possible to the left
- Hold this position, counting to 5
- Slowly turn upper body as far as possible to the right
- Hold this position, counting to 5
- Repeat 10 times

Exercises

4 Bicep Curls

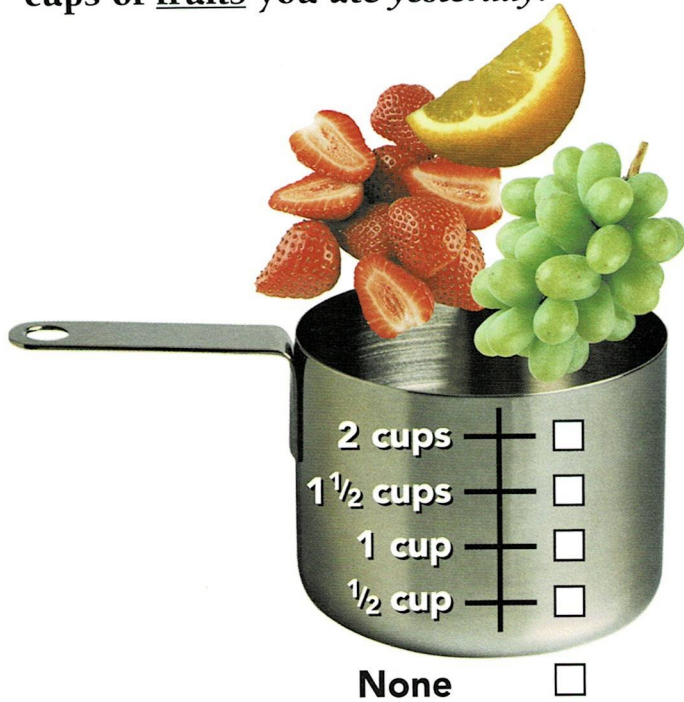


- Sit or stand
- Make a loose fist with right hand
- Bend bottom part of arm toward top part (fist to shoulder)
- Repeat 10 times
- Repeat with left arm
- * For additional challenge, use 1-pound hand weights

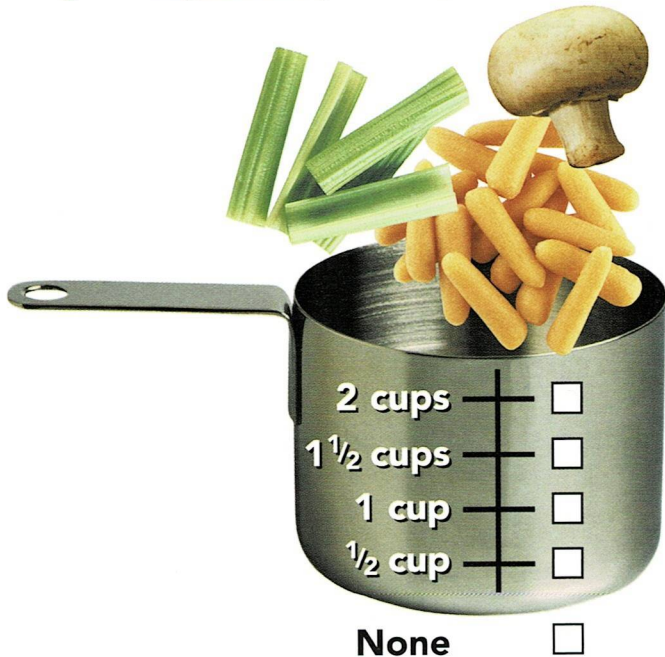


How Did I Do Yesterday?

Check the box that represents the cups of fruits you ate yesterday.



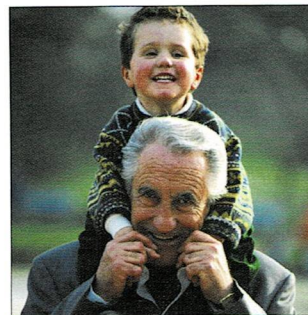
Check the box that represents the cups of vegetables you ate yesterday.



Write the total number of minutes you spent doing physical activity yesterday.

Some examples of moderate-intensity physical activity are:

- Walking briskly _____
- Mowing the lawn _____
- Aerobics _____
- Weight lifting _____
- Jogging _____
- Dancing _____
- Swimming _____
- Stationary cycling _____
- Active walking or running with grandchildren _____
- Other _____



Total Cups of <u>Fruits</u> and <u>Vegetables</u>	_____ cups
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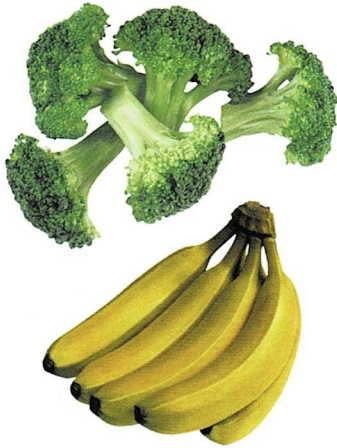
Total minutes of physical activity	_____ minutes
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How Did I Do Yesterday?

Benefits

Benefits of eating at least 3½ cups of fruits and vegetables every day:

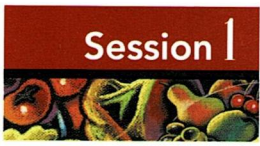


- Help prevent or delay the effects of chronic diseases such as obesity, hypertension, and heart disease
- Maintain strong healthy bones
- Get some of the vitamins, minerals, and fiber needed to maintain good health
- Maintain regularity
- Add color, taste, and variety to your diet

Benefits of participating in at least 30 minutes of physical activity most days:



- Help prevent or delay the effects of chronic disease
- Feel better
- Decrease stress, anxiety, and mild depression
- Build and maintain healthy bones, muscles, and joints
- Improve strength
- Increase balance and reduce the risk of falling
- Improve sleep



Participant Feedback Sheet

for Session 1, Reach your Goals, Step by Step

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

1. How useful was the information you learned from this session?

(Mark one response.)

- Not at all useful
- Somewhat useful
- Useful
- Very useful

Why or why not?

2. Are you planning to eat more fruits and vegetables next week?

(Mark one response.)

- Yes
- No
- I am not sure

3. Are you planning to increase your physical activity next week?

(Mark one response.)

- Yes
- No
- I am not sure

4. What did you like the most about this session?

5. What did you like the least about this session?

6. How did you hear about this *Eat Smart, Live Strong* session?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program office
- Friend
- Senior center
- Poster
- Flyer
- Newsletter
- Place of worship
- Other – specify

7. In which programs do you participate?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program
- Commodity Supplemental Food Program
- Senior Farmers' Market Nutrition Program
- Home delivered meals
- Congregate meals
- Food bank or pantry

Thank you for participating in *Eat Smart, Live Strong!*

Set Your Goals



Recommended Goals

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- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.

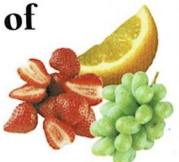


My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits 	_____	_____	_____	_____	_____	_____	_____
Cups of vegetables 	_____	_____	_____	_____	_____	_____	_____
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	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
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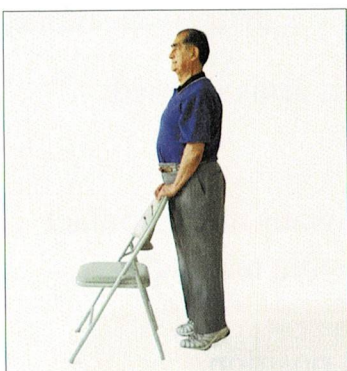


Exercises

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Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

1 Toe Raises

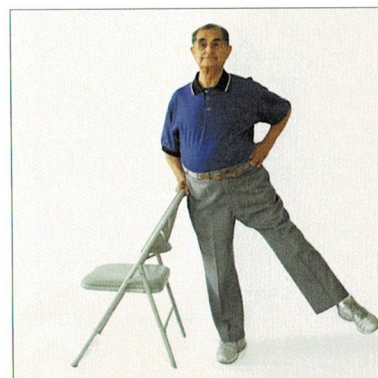


- Stand behind chair, holding its back with both hands
- Lift straight up, rising onto toes
- Hold this position for 5 seconds
- Lower to a resting position, with heels on the floor
- Repeat 10 times



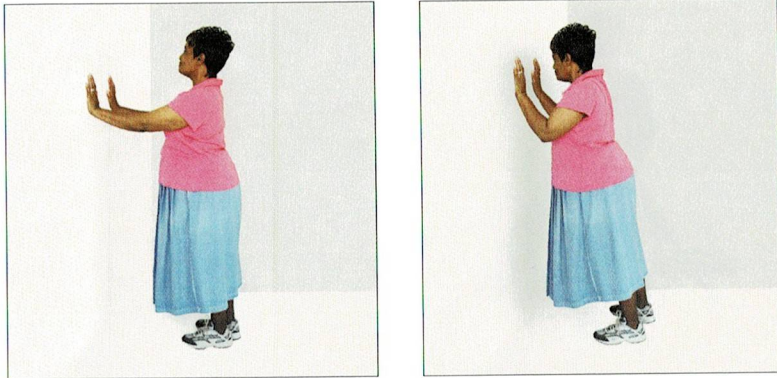
Exercises

2 Side Leg Raises



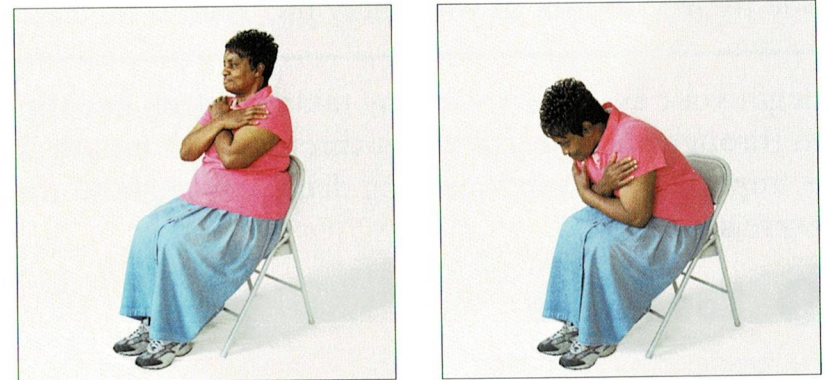
- Stand behind chair, holding its back with one hand
- Keeping back and both legs straight, slowly lift right leg 6-10 inches out to the side
- Hold right leg out for 10 seconds
- Repeat 5 times
- Repeat with left leg

Exercises

3 Wall Push-Ups

- Stand facing the wall with arms extended and palms flat on the wall
- Keeping body straight, lean towards the wall bringing face close to wall
- Push against the wall to return to a straight, standing position
- Repeat 10 times

Exercises

4 Abdominal Crunches

- Sit up straight in chair, with arms crossed over chest
- Lean forward until crossed arms make contact with, or are as close as possible to, thighs
- Return to a straight, seated position
- Repeat 10 times



My Commitment

Fruits and Vegetables



Circle a step you will take this week to help you eat more fruits and vegetables.

1. Shop with a friend or neighbor.
2. Use community van service.
3. Talk with my health care provider.
4. Buy fruits and vegetables that don't require cutting or chopping.
5. Buy frozen or canned fruits and vegetables.
6. Be sure that each meal has at least one fruit or vegetable.
7. Cook vegetables longer so they are softer and easier to eat.
8. Make an appointment to see my dentist.
9. Other _____



Physical Activity

Circle a step you will take this week to be more physically active.



1. Find an exercise buddy.
2. Park the car farther from the store or office.
3. Dance around the house!
4. Invest in a good pair of supportive shoes.
5. Talk with my health care provider.
6. Call the community center or senior center to ask about classes.
7. Sign up for a low-cost exercise class.
8. Step up my pace when I have to walk somewhere.
9. Other _____



"Smart" Card

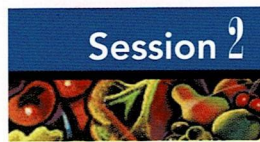
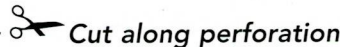
Show this card to your health care provider during your next visit.

Fruits and Vegetables

**I am making an effort to eat at least 3½ cups of fruits and vegetables every day.
I have several questions for you:**

1 How would I benefit from eating at least 3½ cups of fruits and vegetables every day?

2 Are there any fruits or vegetables that I should avoid? Which ones?



"Smart" Card

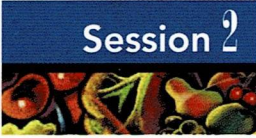
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Physical Activity

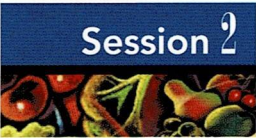
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Handout 2d: *Eat Smart, Live Strong*
Revised November 2012

 Cut along perforation



"Smart" Card

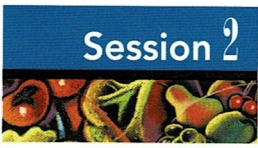
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Participant Feedback Sheet

for Session 2, Challenges and Solutions

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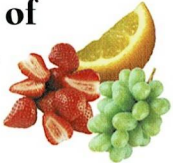
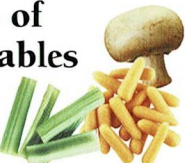

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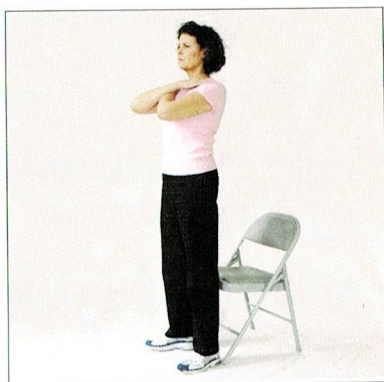
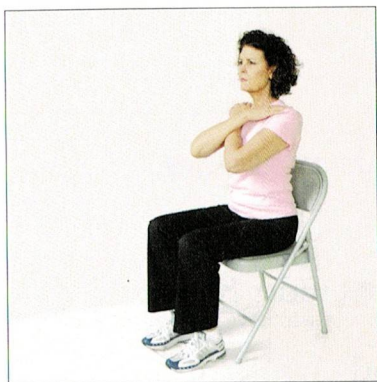
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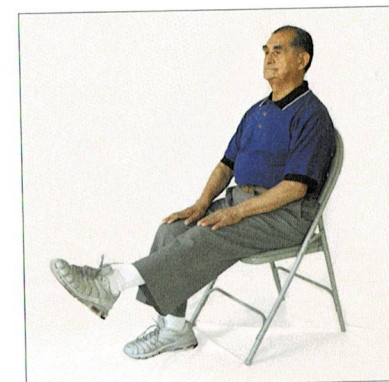
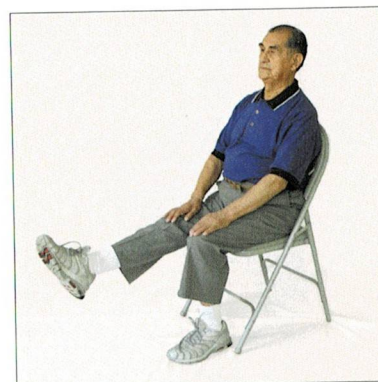
1 Stand Up and Sit Down



- Start in a seated position with arms crossed
- Stand up, trying not to use arms
- Sit down, trying not to use arms
- Repeat 10 times

Exercises

2 Leg Lifts

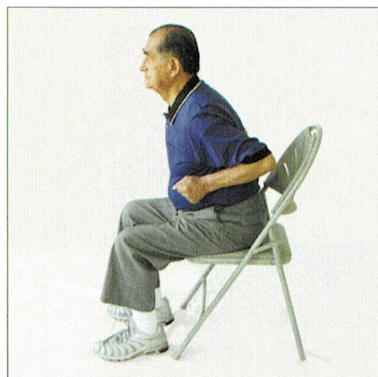
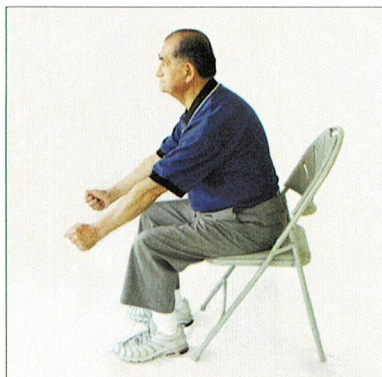


- Sit in a chair
- Straighten right leg
- Lift leg as high as is comfortable
- Lower leg, keeping it extended and elevated
- Repeat 8 times
- Repeat with left leg
- * For additional challenge, use 1-pound ankle weights



Exercises

3 Two-Arm Row

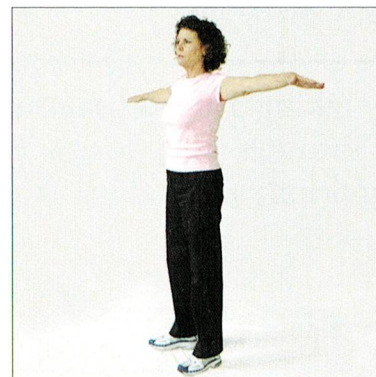


- Sit or stand, bending forward slightly at the waist
- Make fist with hands and extend both arms forward
- Pull arms back, bending elbows into a 90-degree angle
- Slowly straighten arms, extending them forward
- Repeat 10 times



Exercises

4 Arm Raises



- Sit or stand
- Begin with arms straight down at sides, palms inward
- Raise both arms to side, shoulder height
- Hold position for 1 second
- Slowly lower arms
- Repeat 10 times
- * For additional challenge, use 1-pound hand weights

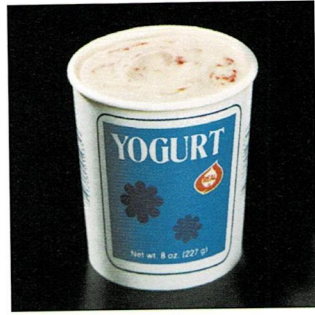
Add Fruits and Vegetables to Classic Favorites...

Classic Dishes

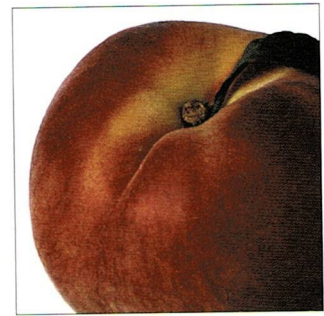
Plus

Fruit or Vegetable

Yogurt



+

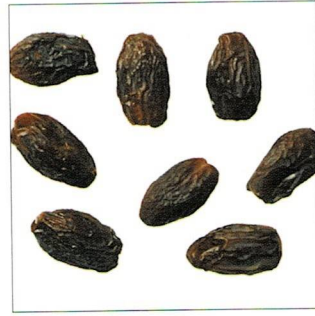


Peaches

Oatmeal



+



Raisins

Quesadillas



+



Tomatoes and Peppers

Lasagna



+

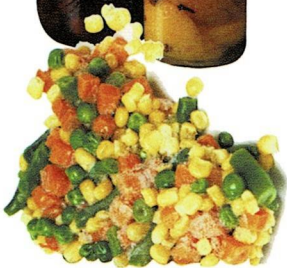
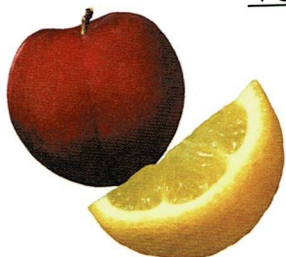


Spinach



Tips

...to Help You Eat at Least 3½ Cups of Fruits and Vegetables Every Day



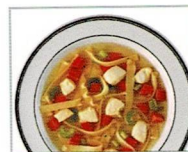
- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Dried fruits make a great snack. They are easy to carry and store well.
- For dessert, have baked apples, pears, or a fruit salad.
- Try a fruit smoothie – mix bananas, peaches, strawberries, or other berries with low-fat or fat-free yogurt.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, red or green pepper strips, or apples.
- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad for lunch.

*Tips were adapted from USDA's ChooseMyPlate.gov web site: <http://www.choosemyplate.gov/food-groups/fruits-tips.html>



Recipe Cards

Chicken-Vegetable Soup With Kale



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Serving Size: 1/3 of recipe
Yield: 3 servings

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup carrot, chopped
- 1 teaspoon dried thyme
- 2 garlic cloves, chopped
- 1/2 cup rice, cooked
- 1 cup kale, rinsed and chopped
- 1 cup chicken, chopped
- 3/4 cup tomatoes, chopped
- 2 cups water or chicken broth

Instructions:

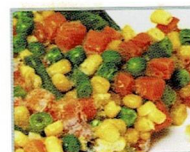
1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for 1 more minute.
3. Add water or broth, tomatoes, cooked rice, chicken, and kale.
4. Simmer for 5-10 minutes.

Cut on dotted line

Adapted from: The Washington Senior Farmers Market Nutrition Program, Washington State University



Snappy Rice Dish



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Serving Size: 1/2 of recipe
Yield: 2 servings

Ingredients:

- 1 cup frozen vegetables, or fresh, cut into bite size pieces
- 1/2 cup chicken broth, reduced salt, or use water
- 1 cup brown rice, cooked, or any other rice
- 1/2 can kidney beans, rinsed and drained (about 7 oz) or other canned bean
- dill weed (fresh-snipped or dry dill) to taste
- pepper to taste

Instructions:

1. Cook the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium high heat.*
2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
3. Add the rice, canned beans, and seasonings. Cook until heated through.

* Microwave version: Follow the same steps above. Use a microwave-safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are fully cooked, add the rice, beans, and herbs. Cook until heated. Rotate the dish & stir gently.

Adapted from: Senior Nutrition Awareness Project (SNAP) Newsletter, University of Connecticut Family Nutrition Program



Recipe Cards

Orange Pork Chops

Serving Size: 1 chop

Yield: 2 servings

Ingredients:

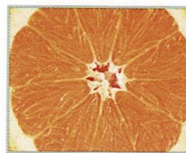
- 2 pork chops
- 1 sweet potato, peeled
- 1/2 orange, sliced
- dash cinnamon
- dash salt
- dash black pepper

Instructions:

Preheat oven to 350 degrees F.

1. In a medium skillet, brown pork chops in a small amount of oil.
2. Cut sweet potato into 1/2-inch slices.
3. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
4. Cover and bake for 1 hour until meat is tender.

For safety, cook pork to 160 degrees F.



Cut on dotted line

Adapted from: Simply Seniors Cookbook, Utah State University Extension



Pineapple-Orange Frozen Yogurt

Serving Size: 1/3 of recipe

Yield: 3 servings

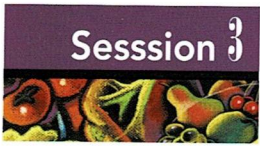
Ingredients:

- 1 cup yogurt, nonfat vanilla
- 1/2 cup orange juice
- 1 cup pineapple chunks, fresh or canned

Instructions:

1. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight.
2. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth.
3. Serve right away or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.





Participant Feedback Sheet

for Session 3, Colorful and Classic Favorites

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

1. How useful was the information you learned from this session?

(Mark one response.)

- Not at all useful
- Somewhat useful
- Useful
- Very useful

Why or why not?

2. Are you planning to eat more fruits and vegetables next week?

(Mark one response.)

- Yes
- No
- I am not sure

3. Are you planning to increase your physical activity next week?

(Mark one response.)

- Yes
- No
- I am not sure

4. What did you like the most about this session?

5. What did you like the least about this session?

6. How did you hear about this *Eat Smart, Live Strong* session?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program office
- Friend
- Senior center
- Poster
- Flyer
- Newsletter
- Place of worship
- Other – specify

7. In which programs do you participate?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program
- Commodity Supplemental Food Program
- Senior Farmers' Market Nutrition Program
- Home delivered meals
- Congregate meals
- Food bank or pantry

Thank you for participating in *Eat Smart, Live Strong!*



Set Your Goals



Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.

My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

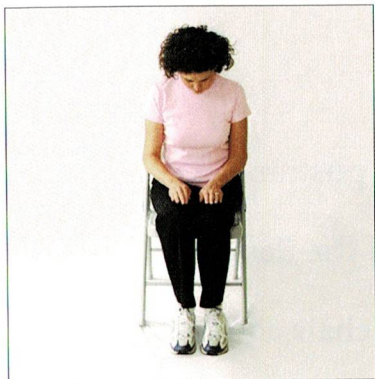
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits 	_____	_____	_____	_____	_____	_____	_____
	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
Cups of vegetables 	_____	_____	_____	_____	_____	_____	_____
	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
Minutes of physical activity 	_____	_____	_____	_____	_____	_____	_____
	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes

Exercises

These four exercises are designed to help you **increase flexibility**. Each one can be done in a **seated position or standing up**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth.

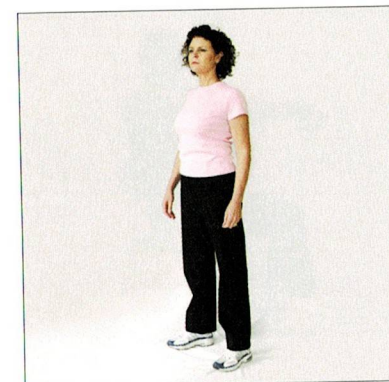
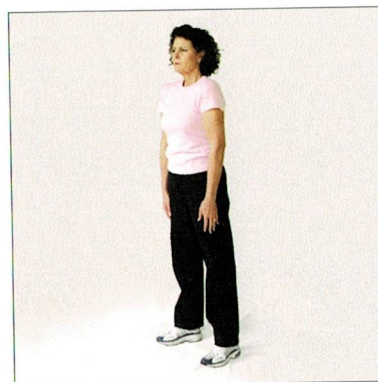
1 Neck Rolls



- Sit or stand with straight posture
- Roll head towards right shoulder
- Roll head towards back
- Roll head towards left shoulder
- Roll head towards chest
- Do these motions fluidly, 10 times in one direction
- Repeat 10 times in the other direction

Exercises

2 Shoulder Rolls

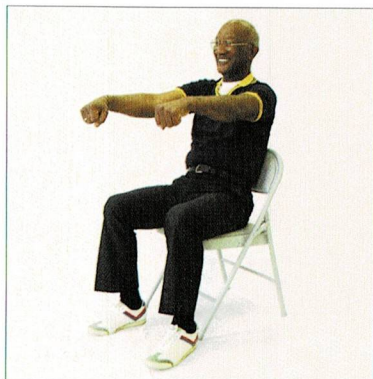


- Sit or stand with straight posture
- Roll shoulders forward
- Repeat 10 times
- Roll shoulders backward
- Repeat 10 times



Exercises

3 Wrist Rotations

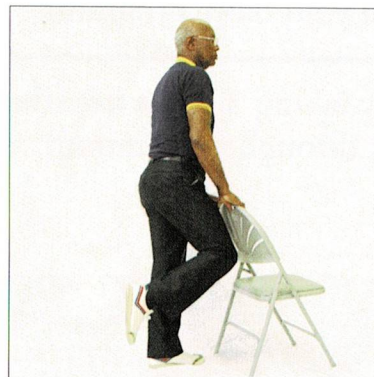


- Sit or stand with straight posture
- Hold both hands in front of body, arms outstretched
- Rotate wrists in a circle in one direction
- Repeat 10 times
- Rotate wrists in a circle in the other direction
- Repeat 10 times

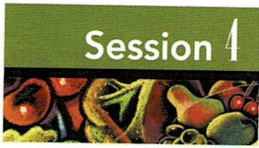


Exercises

4 Ankle Rotations



- Sit or stand with straight posture
- If sitting, lift both feet off the floor
- If standing, hold back of chair and lift right foot off the floor
- Rotate ankle(s) in a circle in one direction – Repeat 10 times
- Rotate ankle(s) in a circle in the other direction
- Repeat 10 times
- If standing, repeat with left foot



Participant Feedback Sheet

for Session 4, Eat Smart, Spend Less

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

1. How useful was the information you learned from this session?

(Mark one response.)

- Not at all useful
- Somewhat useful
- Useful
- Very useful

Why or why not?

2. Are you planning to eat more fruits and vegetables next week?

(Mark one response.)

- Yes
- No
- I am not sure

3. Are you planning to increase your physical activity next week?

(Mark one response.)

- Yes
- No
- I am not sure

4. What did you like the most about this session?

5. What did you like the least about this session?

6. How did you hear about this *Eat Smart, Live Strong* session?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program office
- Friend
- Senior center
- Poster
- Flyer
- Newsletter
- Place of worship
- Other – specify

7. In which programs do you participate?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program
- Commodity Supplemental Food Program
- Senior Farmers' Market Nutrition Program
- Home delivered meals
- Congregate meals
- Food bank or pantry

Thank you for participating in *Eat Smart, Live Strong!*



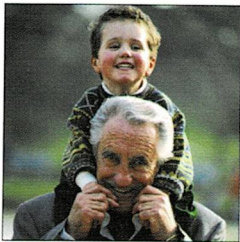
Spending Less

Tips



Tips for eating more fruits and vegetables:

- Use EBT benefits to purchase fruits and vegetables
- Get canned fruits and vegetables from Food Distribution Programs, such as food banks or food pantries
- Apply for Senior Farmers' Market Nutrition Program
- Apply for Commodity Supplemental Food Program if available
- Buy canned or frozen fruits and vegetables on sale
- Choose produce in season



Tips for participating in more physical activity:

- Park car farther from the store or office
- Take the stairs instead of elevator
- Walk and talk with friends
- Participate in active play with grandchildren
- Dance around the house!

Cost Sheet for Fruits and Vegetables


Fruit or Vegetable	Price	Location

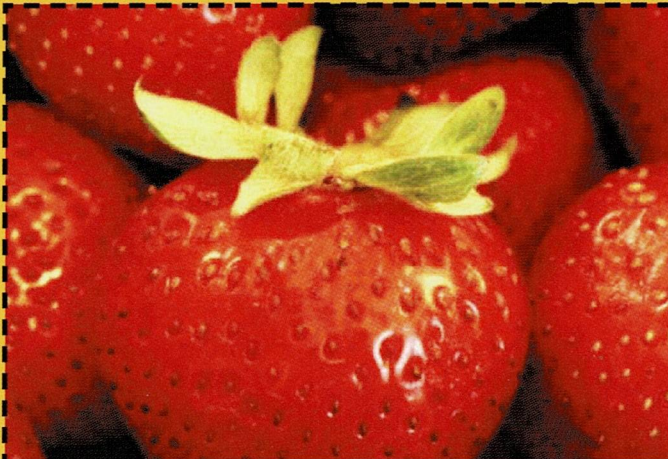
Session 3

Card Game: Make a Classic Better



Fruits

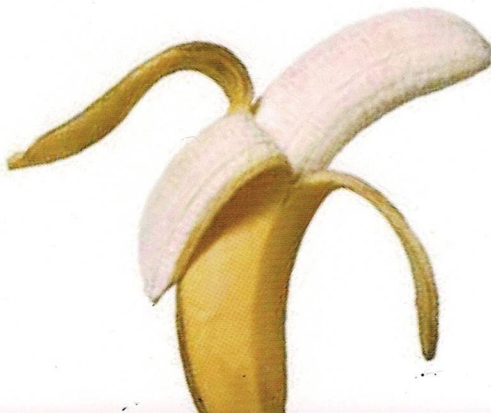
 Cut along perforations



Strawberries



Peach



Banana



Blueberries



Mango




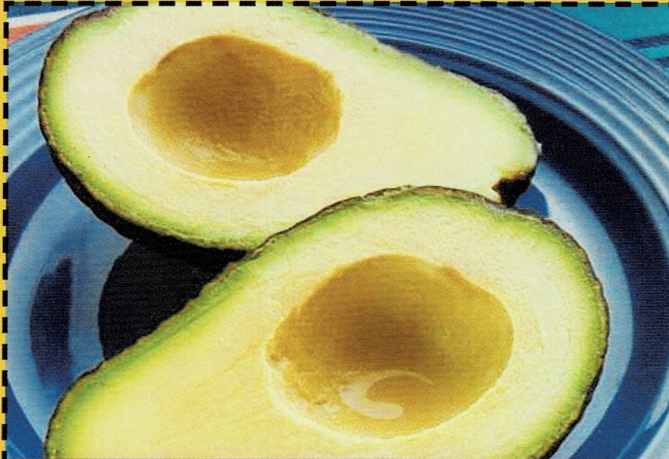
Grapes

Card Game: Make a Classic Better



Fruits

 Cut along perforations



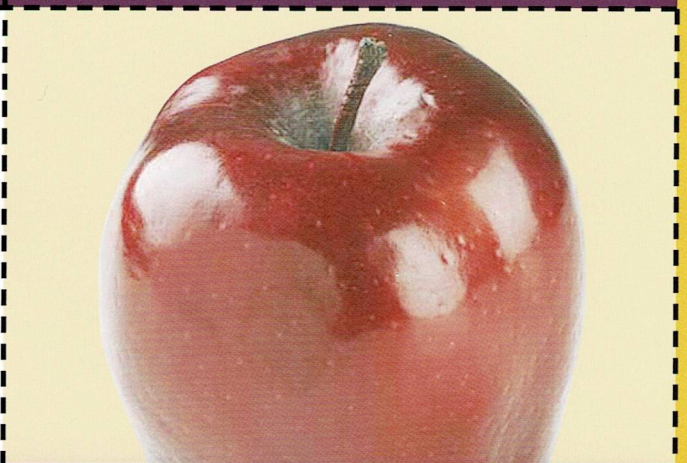
Sliced Avocado



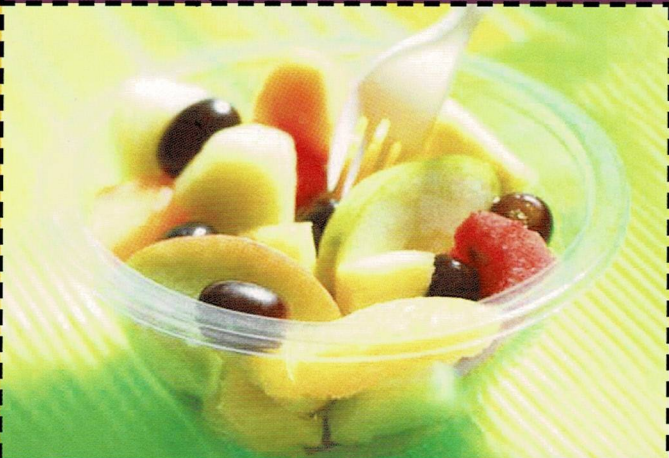
Orange Juice



Raisins



Apple



Fruit Cocktail




Sliced Pineapple



Card Game: Make a Classic Better

Vegetables

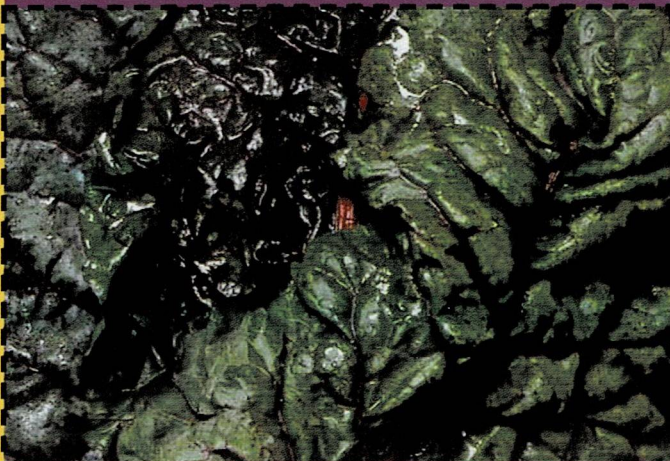
 Cut along perforations



Tomatoes



Green Beans



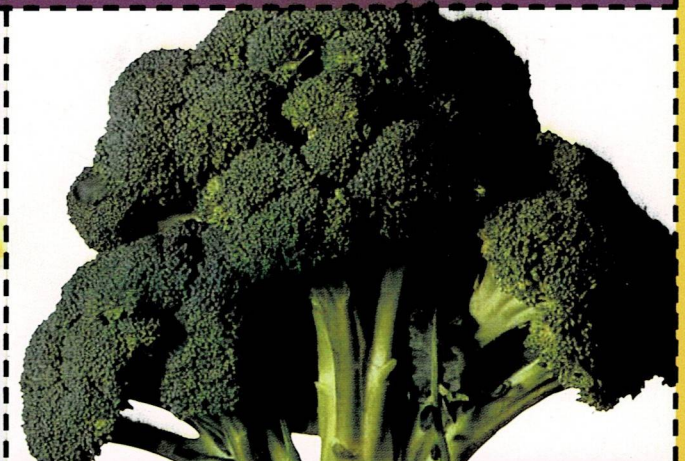
Spinach



Peas



Corn




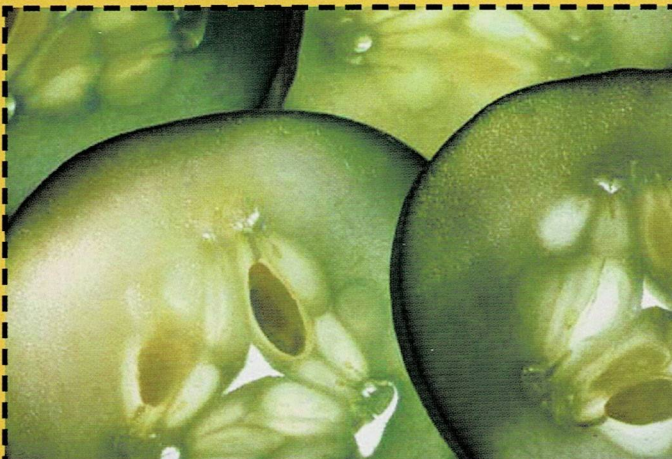
Broccoli



Card Game: Make a Classic Better

Vegetables

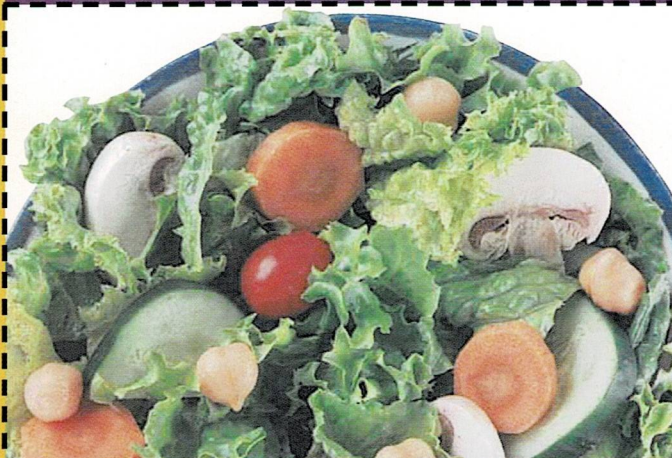
 Cut along perforations



Sliced Cucumber



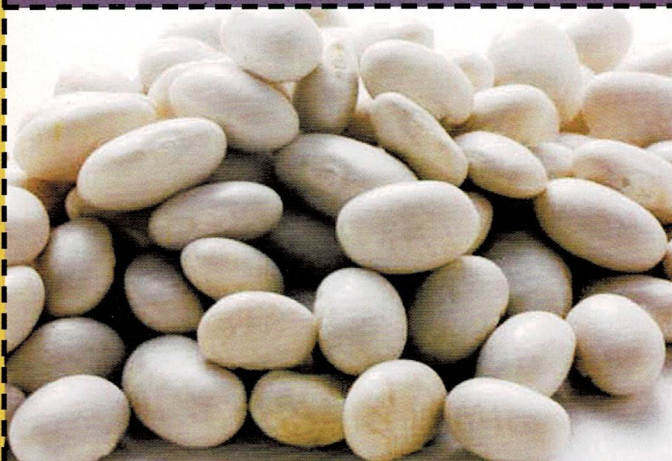
Carrots



Salad



Green Pepper



Navy Beans



Sliced Eggplant

Session 3



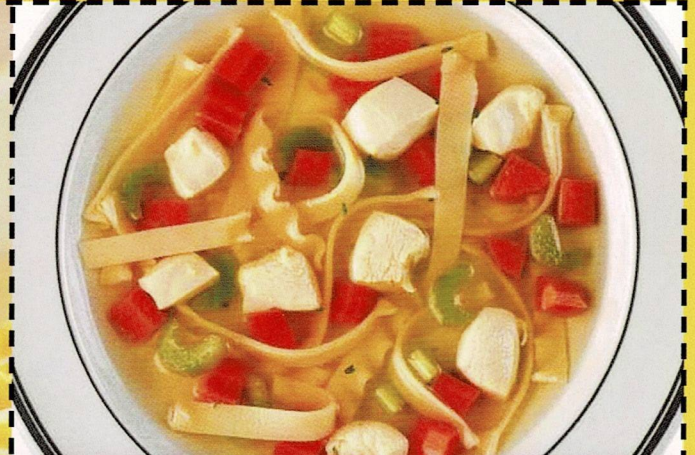
Card Game: Make a Classic Better

Classic Dishes

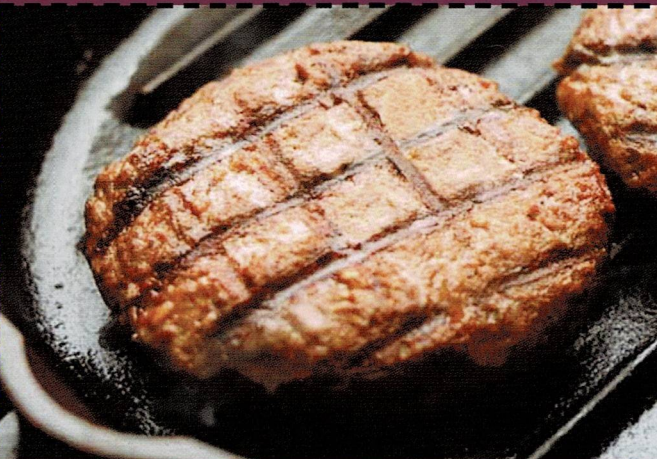
 Cut along perforations



Macaroni and Cheese



Chicken Soup



Hamburger



Chili



Egg on Toast




Quesadillas with Cheese

Card Game: Make a Classic Better



Classic Dishes

 Cut along perforations



Brown Rice



Cheese Pizza



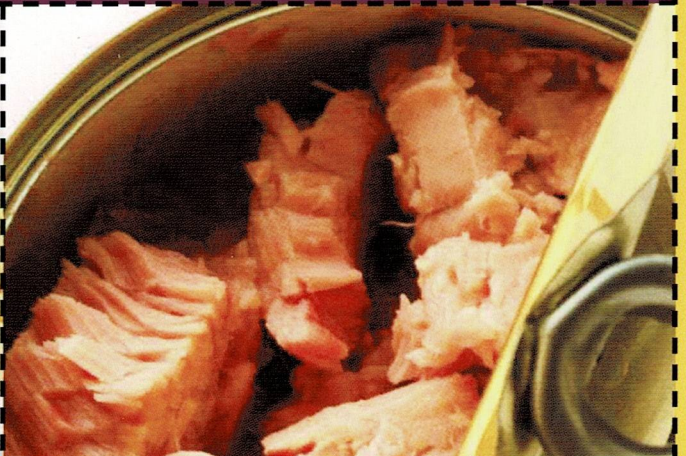
Turkey Sandwich on Whole Wheat Bread



Baked Potato



Meatless Spaghetti



Tuna