

Eat Smart, Live Strong will help you learn the health benefits that eating more fruits and vegetables and staying physically active can bring! This program can help older adults adapt behaviors that help to delay and prevent the effects of diet-related disease.

The sessions will:

- Encourage older adults to learn new skills
- Provide discussions and activities that promote enjoyable, social, and interactive learning
- Engage older adults in activities that can encourage behavior change
- Deliver fun and engaging nutrition education to older adults

Click on one of the four workshops below for a description and highlights

<p>Session 1 Reach Your Goals, Step by Step Participants set goals for eating more fruits and vegetables and being more physically active. They are encouraged to record their progress.</p>	<p>Session 2 Challenges and Solutions Through a word game and other activities, participants seek solutions to the challenges they may face as they try to eat more fruits and vegetables and exercise more.</p>
<p>Session 3 Colorful and Classic Favorites Colorful and lassic Favorites Eating more fruits and vegetables is easy when participants add them to “classics” – traditional dishes you already enjoy eating.</p>	<p>Session 4 Eat Smart, Spend Less In this session, participants explore ways to buy the fruits and vegetables they need within a limited budget.</p>

Join other older adults in our In-Person or Virtual Eat Smart, Live Strong classes, it’s as Easy as 1-2-3!

1. **For In-Person classes, find convenient class locations, dates, and times on the [schedule of Eat Smart, Live Strong classes](#)**
2. **For Virtual classes, find easy to use log-in instructions by clicking the link below: [schedule of Eat Smart, Live Strong classes](#)**
3. **[Enjoy learning with other Older Adults at the Eat Smart, Live Strong classes!](#)**



Session 1 Reach Your Goals, Step by Step

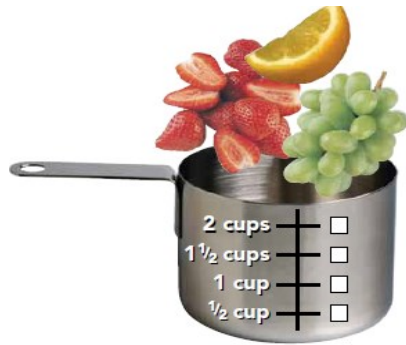
Participants set goals for eating more fruits and vegetables and being more physically active. They are encouraged to record their progress.



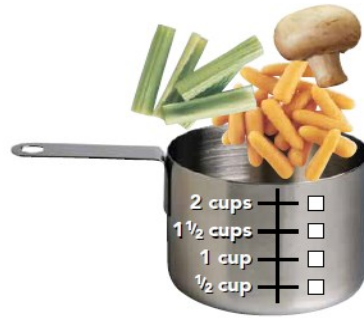
Join other older adults in our In-Person or Virtual Eat Smart, Live Strong classes, it's as Easy as 1-2-3!

1. For In-Person classes, find convenient class locations, dates, and times on the [schedule of Eat Smart, Live Strong classes](#)
2. For Virtual classes, find easy to use log-in instructions by clicking the link below: [schedule of Eat Smart, Live Strong classes](#)
3. [Enjoy learning with other Older Adults at the Eat Smart, Live Strong classes!](#)

Do you know what the daily intake recommendations are ?



Fruits



Vegetables

Adapted from Eat Smart, Live Strong Workshop 1



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)							
 Cups of vegetables # of cup(s)							
 Minutes of physical activity # of minutes							

Handout 1a: Eat Smart, Live Strong
Revised November 2012

Reminders:

- ▶ Self Reflect daily
- ▶ Keep records of your progress
- ▶ Goal setting

Adapted from Eat Smart, Live Strong Workshop 1



Session 2 Challenges and Solutions

Through a word game and other activities, participants seek solutions to the challenges they may face as they try to eat more fruits and vegetables and exercise more.

CHALLENGES AND SOLUTIONS

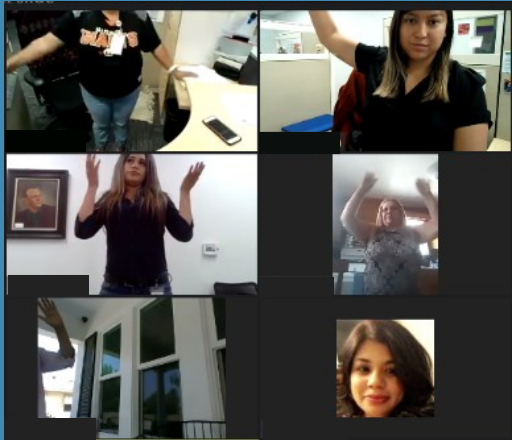


Health Educators: Mary Barrios and Arlete Monreal



Join other older adults in our In-Person or Virtual Eat Smart, Live Strong classes, it's as Easy as 1-2-3!

1. For In-Person classes, find convenient class locations, dates, and times on the [schedule of Eat Smart, Live Strong classes](#)
2. For Virtual classes, find easy to use log-in instructions by clicking the link below: [schedule of Eat Smart, Live Strong classes](#)
3. [Enjoy learning with other Older Adults at the Eat Smart, Live Strong classes!](#)



LET'S DO SOME EXERCISE!

REMEMBERTO WARM-UP FIRST!

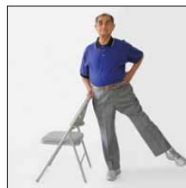
- ARMS
- WRISTS
- NECK
- LEGS
- ANKLES



1 Toe Raises



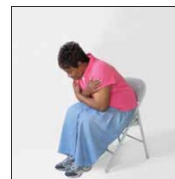
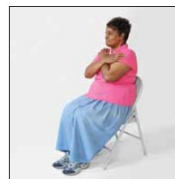
2 Side Leg Raises



3 Wall Push-Ups



4 Abdominal Crunches



Adapted from Eat Smart, Live Strong session 2.



"Smart" Card continued

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

Physical Activity

I am also trying to participate in at least 30 minutes of physical activity most days.
I have some questions for you:

- 1 How would I benefit from participating in at least 30 minutes of physical activity most days?

- 2 Are there any precautions I should take or any activities I should avoid? Which ones?

Handout 2d: Eat Smart, Live Strong

Adapted from Eat Smart, Live Strong session 2.



Session 3 Colorful and Classic Favorites

Colorful and Classic Favorites Eating more fruits and vegetables is easy when participants add them to “classics” – traditional dishes you already enjoy eating.

Colorful and Classic Favorites





NUTRITION EDUCATION for OLDER ADULTS

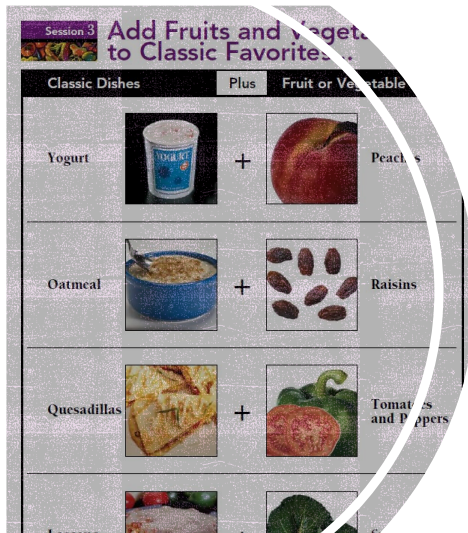


Adapted from Eat Smart, Live Strong Program- Workshop 3



Join other older adults in our In-Person or Virtual Eat Smart, Live Strong classes, it's as Easy as 1-2-3!

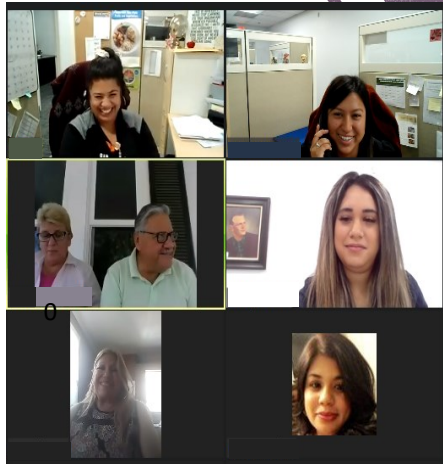
1. **For In-Person classes, find convenient class locations, dates, and times on the [schedule of Eat Smart, Live Strong classes](#)**
2. **For Virtual classes, find easy to use log-in instructions by clicking the link below: [schedule of Eat Smart, Live Strong classes](#)**
3. **[Enjoy learning with other Older Adults at the Eat Smart, Live Strong classes!](#)**



CLASSIC FAVORITES + COLOR

1

Adapted from Eat Smart, Live Strong Program-Workshop 3

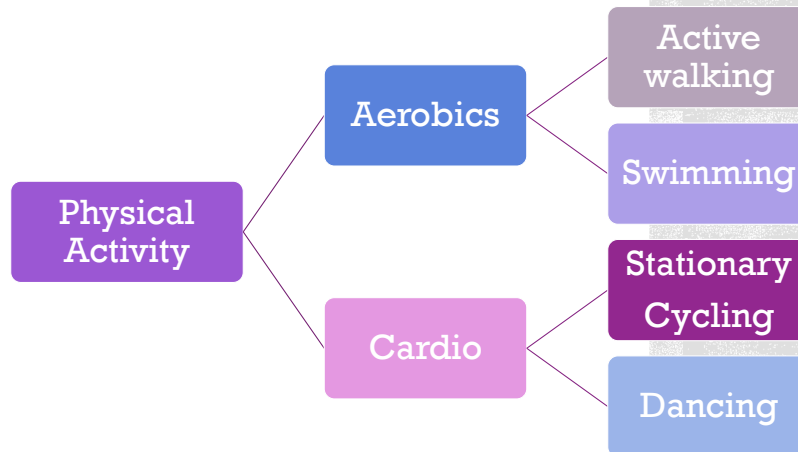


SKILLS BUILDING ACTIVITY:

ADD FRUITS & VEGETABLES TO CLASSIC FAVORITES

2

Adapted from Eat Smart, Live Strong Program-Workshop 3



Adapted from Eat Smart, Live Strong Program-Workshop 3

4



Session 4 Eat Smart, Spend Less

In this session, participants explore ways to buy the fruits and vegetables they need within a limited budget.



Join other older adults in our In-Person or Virtual Eat Smart, Live Strong classes, it's as Easy as 1-2-3!

1. **For In-Person classes, find convenient class locations, dates, and times on the [schedule of Eat Smart, Live Strong classes](#)**
2. **For Virtual classes, find easy to use log-in instructions by clicking the link below: [schedule of Eat Smart, Live Strong classes](#)**
3. **[Enjoy learning with other Older Adults at the Eat Smart, Live Strong classes!](#)**



Objective 1:

Can anyone mention one way to save money when grocery shopping?

This Photo by Unknown Author is licensed under CC-BY-NC

Adapted from Eat Smart, Live Strong Workshop 4



Spending Less



- ▶ Buy produce in season
- ▶ Coupons
- ▶ Buy canned food
- ▶ Use EBT benefits to purchase fruits and Vegetables
- ▶ Look at sale items
- ▶ Price match food?
- ▶ **Community Resources**

Adapted from Eat Smart, Live Strong Workshop 4

There are no Eat Smart, Live Strong classes scheduled this month. Click here for available programs and classes:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>

Date	Class	Time	Participant Group
------	-------	------	-------------------

No Classes

The CalFresh Healthy Living Programs are presented by the Kern County Aging Adult Services Department through an agreement with the California Department of Aging. California's Healthy Living Program is funded by the United States Department of Agriculture (USDA). This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Please click here to see other Kern County Aging and Adult Services available programs and class times:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>