



Eat Better & Move More

PART 2

A GUIDE BOOK
for Community Programs



National Resource Center on Nutrition, Physical Activity & Aging

Florida International University

Eat Better & Move More



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Introduction



OLDER AMERICANS WANT TO IMPROVE THEIR HEALTH

Older Americans want to maintain or improve their health, independence and quality of life. *Eat Better & Move More* Part 2 fits the interests and needs of community-residing older adults who want to live longer healthier lives and remain in their own homes. The first 12-week program was very successful and popular across the United States. *The Eat Better & Move More Guidebook* Part 2 was written in response to many requests for additional weekly sessions. The Part 2 *Guidebook* has 12 more weeks of information on nutrition and physical activity based on the *2005 Dietary Guidelines for Americans*.

EAT BETTER & MOVE MORE: PART OF THE YOU CAN! STEPS TO HEALTHIER AGING CAMPAIGN

The two *Guidebooks* are part of the national *You Can! Steps to Healthier Aging* Campaign. Through a grassroots coalition, *You Can!* partners encourage older Americans to *Eat Better & Move More*. The goal is to increase the number of older people who stay healthy and active. For more information about the national *You Can!* Campaign visit www.aoa.gov/youcan.

You Can! motivational messages for older adults are as follows:

- You can do it! For most older people, better nutrition and increased physical activity are well within reach. You only need to follow a few simple steps each day.
- Medical evidence shows that most older people who get a modest amount of regular physical activity and eat right are healthier and feel better.

The information in this *Guidebook* Part 2 will guide community organizations in

implementing a simple *Eat Better & Move More* nutrition and fitness program that works! The program will enable local providers to convey important action-oriented healthy lifestyle messages to participants. This, in turn, will help older Americans reach the goal of healthier aging.

GOALS AND OBJECTIVES FOR PROGRAM PARTICIPANTS

Eat Better & Move More Part 2 helps older adults maintain their health, independence and quality of life through interactive nutrition and physical activity sessions based on the *2005 Dietary Guidelines for Americans*. By the end of this second 12-week program, participants will be meeting the important nutrition goals of increasing their intakes of healthier foods rich in vitamin D, B₁₂, and potassium while eating fewer foods high in salt. They will be adding resistance training and stretching to their physical activity routine of walking.

WHAT THE GUIDEBOOK PART 2 CONTAINS

This *Guidebook* is designed to be easy to use and the program is inexpensive to implement. It is tailored to the needs of older adults and geared toward positive behavior change. Using the *Guidebook*, program leaders will encourage participants to set personal goals, overcome barriers, get accurate information, put plans into action, and record progress. This *Guidebook* has plans for 12 weekly sessions, with mini-talks, activities, resources, and "take home" assignments. Healthier food choices, based on the *2005 Dietary Guidelines for Americans*, are encouraged by easy food check-offs. Balance, flexibility and resistance training are addressed in combination with walking. Participants are encouraged to continue walking and wearing their pedometers as they did in the first *Eat Better & Move More* program.

BACKGROUND

The first *Eat Better & Move More: A Guidebook for Community Programs* was developed in conjunction with the US Administration on Aging, as part of the *HealthierUS* Initiative. The first *Guidebook* has plans for 12 weekly sessions with mini-talks, activities, resources, and “take-home” assignments. Physical activity was promoted through a walking program; participants used pedometers and were encouraged to track the number of steps walked each day. The first *Eat Better & Move More* program’s effectiveness was shown in 10 Older American Act Nutrition Program community sites nationwide. Sites in urban, suburban and rural communities ranged from very large to very small. The 1000 older participants had an average age of 75 with the oldest being 101.

Participants improved their diets by learning to eat more vegetables, calcium-rich foods and fiber-rich foods. Prior to the program, participants averaged about 3100 steps a day. By the program’s end, daily steps increased to 4200 or 35% more. All participants recommended the program to friends and wanted the program to continue. *The American Journal of Public Health* published an article on the effectiveness of this community-based program that was specifically designed for local service providers.

RATIONALE:

The first *Eat Better & Move More Guidebook* was released prior to the *Dietary Guidelines for Americans, 2005* (DGAs). The new DGAs have key recommendations for older adults that promote health and decrease the risk of major chronic diseases through a healthy diet. Mortality from any cause can be reduced by 16% in men and 9% in women over age 45 by the adoption of healthier dietary habits.

It has been shown that nutrition education combined with regular physical activity positively improves the health and independence of older adults. This second *Guidebook* includes additional nutrition sessions based on the *Dietary Guidelines for Americans* and additional physical activity topics such as resistance training, stretching, balance, and flexibility. By linking nutrition education with physical activity, this *Guidebook* provides community programs with more opportunities to enhance and grow their existing programs.



Continuing Your Program

Eat Better & Move More

INTRODUCTION

All the detailed information on setting up an *Eat Better & Move More* Program is in the first *Guidebook*. It is available at http://nutritionandaging.fiu.edu/You_Can/index.asp.

OVERVIEW

The Part 2 *Guidebook* has 12 additional weekly sessions, with nutrition sessions based on the *2005 Dietary Guidelines for Americans*. Physical activity sessions are geared to the needs and abilities of older participants. Each weekly session includes:

- Learning objectives and goals for participants;
- Mini-talks about how to *Eat Better & Move More*;
- A step-by-step activity list; and
- Tips & Tasks handouts to give to participants.

At each session, a program facilitator introduces a new topic and reviews the previous session. Each session is a half-hour or less and can be done before or after the dining center meal, if provided. The weekly Tips & Tasks sheets have check-offs for participants to track their progress. They are encouraged to bring them to the next week's session, especially if a local program is closely tracking progress. Otherwise the sheets remind participants of their successes and challenges during the previous week. This enables them to participate in the discussions.

1. Motivational strategies

Challenges include keeping participants coming to weekly sessions and continuing to walk more and eat healthier. Wearing pedometers regularly may also be challenging for some older adults. The following are some ways to encourage participants.

- The facilitator or leader sets the tone for the lesson. Show enthusiasm for the program.
- Take time to read the lesson ahead and incorporate your own examples or ideas for participants to follow.
- Identify challenges that participants may be facing and, as a group, discuss ways to overcome them.
- Continue to give participants a weekly Tips & Task sheet with helpful reminders.
- Ask participants to share their achievements - then incorporate their ideas.
- Encourage buddy systems to help complete nutrition and physical activity tasks.
- Set up a weekly or monthly challenge. Announce the winner in a bulletin, newsletter or in the beginning of session.
- Incentives are a wonderful way to motivate participants. Gift certificates, coupons, or a simple computer printed certificate of recognition are greatly appreciated.
 - Ask for donations or sponsorships from local businesses and other agencies.

2. Incorporating new people into the program

Participants who were not involved in the first *Eat Better & Move More* program will need to fill out a consent form, an enrollment form and obtain a physician's approval for the physical activities if warranted. It may be helpful to pair up newcomers with those who participated in the first Program. They can share their positive experiences as well as help newcomers learn to use the step counters and Tips & Tasks sheets. Take the time to explain how to use the

pedometer and how to track and record steps. If you have a large number of newcomers, you may want to have an introduction class for them or you may want to offer the first 12-

week Eat Better & Move More program to start. You may mix and match weekly sessions from both versions of *Eat Better & Move More*.



Eat Better

Setting a Goal

After this session, older adults will:

Recognize the importance of goal setting and set personal nutrition goals.

Preparation

- Copy Week 1 Tips & Tasks sheets for each participant.
- Copy Goal Contract for each participant.
- Fill out a Goal Contract and make a weekly plan to use as an example.
- See list of online resources.

Eat Better Mini-Talk

SETTING A GOAL

Goal setting helps us focus on what we want to change. By setting a goal and measuring achievement, we are able to see what we can do.

1. Determine a goal. Goals should be specific and realistic. They should include a complete by date of achievement. Express goals positively; say what **WILL** happen instead of what **WON'T**. Writing goals down and posting them in a place where they can be seen daily, bathroom mirror or refrigerator, can help in staying focused.
2. Identify obstacles. Write down any barrier that may interfere with achieving goals. These could include lack of time, limited finances, and health disabilities.
3. Identify action steps. For each obstacle, write down 2-3 specific action to overcome each obstacle. Give each action step a due date; these are mini-goals.
4. Consider likes and dislikes. What foods are enjoyed? What new foods could be tried? What nutrients are available from those foods?
5. Make a weekly plan. Each week, write down specific action steps (mini-goals) to take towards your goal. Read mini-goals each morning and review accomplishments at the end of the week. Roll over any incomplete action steps to the following week.
6. Rewards. Make the reward proportionate to the size of the achievement, and choose something that will not counteract successes. If a goal wasn't met, change the date and start over.

Activities

Have participants fill out a Goal Contract. Go over and give examples for each section. (See Goal Contract example)

Move More Physical activity or exercise?

After this session, older adults will:

Understand the different types of exercise.

Explore types of exercises that they like best.

Preparation

- Copy Week 1 Tips and Tasks sheets for each participant.needed.

Move More Mini-Talk

PHYSICAL ACTIVITY OR EXERCISE?

The U.S. Surgeon General recommends at least 30 minutes of moderate physical activity or exercise on most days of the week. But only about a 1/3 of adults do this amount of physical activity. So if you have trouble being active enough, you are not alone.

Physical activity is anything we do that uses energy or burns extra calories. Some examples of physical activity that we might do in our daily lives include raking leaves, folding laundry, grocery shopping, or walking a dog.

Exercise is a planned or repeated movement that we do to improve our health. Examples of exercise include swimming, walking, lifting weights, yoga, or tai chi.

Experts recommend that older adults do four different types of activity:

Endurance activities make us breathe harder and our heart beat faster. Walking, swimming, and riding a bike are types of endurance exercise, and walking a dog and sweeping the house are good endurance activities.

Strengthening activities build up our muscles and makes them stronger. We all lose muscle as we get older, but we can keep them strong by doing strengthening exercises such as lifting weights or using elastic band. Lifting and carrying groceries and climbing stairs are examples of strengthening activities.

Stretching activities move our muscles and joints to help keep us flexible and keep our bodies healthy. Having flexible bodies improves our posture and helps us to do the things we need to do. Folding laundry is an example of a stretching activity that keeps our upper body flexible.

Balance activities: improving or keeping our balance as we grow older will help us reduce our chances of falling. Many exercises can help us improve our balance. Walking on uneven ground is an example of a balance activity.

Activities

1. Have participants discuss the types of exercises they would most like to do or are doing already. Have participants discuss whether they think they get enough physical activity, and whether they do all four types of physical activity.

Eat Better MyPyramid

After this session, older adults will:

Use MyPyramid to guide their daily food choices toward variety and balance.

Preparation

- Copy Week 2 Tips & Tasks sheets for each participant.
- Copy Seasonal fruit & Vegetable list for each participant.
- Make copies of the MyPyramid handout.
www.mypyramid.gov/downloads/MiniPoster.pdf
- See list of resources for Week 2.

Start Up

- Discuss goals set from Week 1.
- What were the success, challenges and obstacles in achieving last week's goal?
- Highlight responses that may

Eat Better Mini-Talk

MY PYRAMID

MyPyramid replaces the old food guide pyramid. It helps us make healthy food choices based on each of our own nutrition needs.

Each color represents a food group. The orange stripe is for grains. We should eat whole grain cereals, rice, and pasta daily. Whole grain sources include whole wheat, oatmeal, and brown rice.

The green strip is for vegetables. We need to eat a variety of vegetables to get important vitamins and minerals. Include dark green and orange colored vegetables, beans and peas several days of the week.

The red stripe is for fruits. Fresh, frozen, canned or dried fruits are all great choices. We should choose 100% fruit juices instead of fruit flavored drinks.

The blue stripe is for dairy. To get our daily calcium needs, we should choose low-fat or fat-free dairy products. Milk alternatives include yogurt or calcium-fortified soy milk.

The purple stripe is for meat and beans. We should choose low fat or lean meats and poultry. We can vary our protein by including more fish, beans, peas, nuts, and seeds.

The thin yellow stripe is for oils. The thin line tells us that fats and oils should be eaten in small amounts.

The stairs remind us to balance the food we eat with physical activity. We should aim for 30 minutes of physical activity on most days of the week.

Activities

1. Using a menu, show how to fit all the food groups into a healthy diet.
2. Ask participants about what food groups they feel they are lacking in their diet. Discuss ways to add the missing food group into their daily meals.
3. Go online and show participants how to navigate the MyPyramid web site.

Move More Excuses, Excuses



After this session, older adults will:

Overcome their excuses for not exercising. Participants will complete a Goal Contract.

Preparation

- Copy Week 2 Tips & Tasks sheets for each participant
- Copy Goal contract for each participant
- See list of online resources.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Move More Mini-Talk

EXCUSES, EXCUSES

If we are not active, it is likely that we have at least one reason why. Today we are going to discuss some of the reasons, or excuses, we have for not being physically active.

Barrier	Solution
Not enough time	Identify time slots that you could use for physical activity. Identify 30 minutes every day.
	Add activity to your daily routine; use the stairs instead of the elevator, exercise while you watch TV.
	Select activities that do not require too much time.
No one to exercise with.	Ask your friends and family to help you and remind you to exercise, or to exercise with you.
	Join an exercise group.
Too tired, Not enough energy.	Schedule physical activity when you have the most energy.
	Remember, moderate physical activity will give you energy.
Not motivated.	Plan ahead and schedule it in, just like an appointment.
	Make an appointment to exercise with a friend to keep you motivated, or join a class.
Fear of injury.	Warm up and cool down, learn what exercises are safest for you.
	Choose activities that are not risky, like walking or using exercise bands.
Lack of skill.	Choose an exercise that requires little skill.
	Take a class to learn a new skill.
	Pick exercise partners that are at the same skill level as you.
Lack of resources.	Choose activities that do not need equipment or machines.
	Identify community resources or facilities in your area.
Weather.	Exercise indoors.
	Exercise at the time of day that the temperature is best for physical activity.
Family obligations.	Incorporate the family into your exercise routine, walk with your grandchildren or spouse.

There are some good reasons NOT to exercise. Exercise is safe for most people, but for some conditions, we should contact our doctor before starting exercise or increasing physical activity. For example:

1. Don't exercise with an unstable medical condition, healing injury, or uncontrolled disease.
2. Contact a doctor if chest pain or pressure, trouble breathing or shortness of breath, lightheadedness or dizziness, or nausea is experienced.
3. Joint pain should be avoided. The saying, "No pain, no gain", is not true for older adults.

Activities

- Discuss reasons for not exercising. Have participants share their reasons, and then as a group find solutions.
- Have each participant complete the Goal Contract. Encourage participants to place it in a visible location, such as the refrigerator or bathroom mirror.





Eat Better DASH Eating Plan

After this session, older adults will:

Recognize the 3-a-Day for Stronger Bones campaign. They will try to eat three or more calcium-rich foods a day.

Preparation

- Copy Week 3 Tips & Tasks sheet for each participant.
- Copy “Know Your Numbers” for each participant.
- See the List of Online Resources for Week 3.

Start Up

- Collect Tips & Tasks sheet from last week.
- Discuss successes, challenges, and obstacles in achieving last week’s goals.

Eat Better Mini-Talk

DASH EATING PLAN

Blood pressure is the force of blood against artery walls. It rises and falls during the day. When it stays high over time, it is called hypertension. Uncontrolled hypertension can lead to heart and kidney disease and stroke. Reducing blood pressure by just a few numbers can make a significant difference to long-term health. Older adults and people with diabetes are at a higher risk for hypertension and heart disease.

The DASH study showed that blood pressures could be lowered eating a diet that is low in saturated fat, cholesterol, and total fat. The DASH eating plan emphasizes fruits, vegetables, and lowfat dairy foods. It also includes whole grain products, fish, poultry, and nuts. It is low in red meat, sweets, and sugar-containing beverages, like soda and sweet tea.

The DASH plan is not just for people with hypertension. This plan is helpful for all of us. We all want to have and keep a healthy heart. The increased whole grain and fiber is especially good for people with diabetes.

Activities

1. Analyze a meal that was served that day. Get assistance in helping to measure quantities. Determine how many servings from each group of the DASH plan were in the meal. Then add other foods to meet the DASH recommendations.
2. Create a DASH day’s plan. Ask a participant to describe a usual breakfast and write everything down. Ask another participant to describe lunch and then dinner. Check the daily totals. What is missing? (Determining sodium will not be possible with this activity)

Move More Walking in our Community

After this session, older adults will:

Know of other places to walk in their community and will explore these new options.

Preparation

- Copy Week 3 Tips & Tasks sheet for each participant.
- Make a list of indoor and outdoor locations where participants can walk in your community; think about stores, fitness centers, parks, hiking trails, community events, museums, any place with sidewalks.
- Make copies of Tips and Tasks Sheet
- See the List of Online Resources for Week 3.

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals.

- If you can not talk while you are walking because you are too out of breath, you are walking too fast. Slow down or stop and rest.
- If you can carry on a normal conversation while you walk, you are walking at the right speed.

Another good way to track your progress while walking is to use your watch to time how fast you go a certain distance, like around the block, or to

Activities

1. Have participants brainstorm and share where they walk and of other areas that they know of. Make a list of these places. Then go back through the list and star locations that are indoors for when weather is unpleasant.
2. Help participants to find a time when some of them can walk together.

Move More Mini-Talk

WALKING IN OUR COMMUNITY

Walking is a great form of exercise because it can be done almost anywhere and has many health benefits:

- Decreased risk of dying from heart disease, diabetes, and high blood pressure
- Decreased risk of developing colon cancer and other types of cancer
- Help in lowering blood pressure in people who already have high blood pressure
- Decreased risk of developing diabetes
- Lower risk of developing hypertension
- Increased muscle strength, flexibility and sense of balance, all of which reduce the risk of falls
- Help in controlling weight

Walking at least 30 minutes per day is a great way to get the proper amount of moderate physical activity. To get the most out of your walking, you should be walking fast enough to make you breathe harder and your heart beat faster. A good way to know if you are walking at a good speed is to do the talk test.

Talk test:

- If you can sing while you walk, you are probably not walking fast enough. Walk a little faster.

the store. As you become more fit, it will take you less time to walk this distance.

Start slowly. If you are not used to doing 30 minutes of physical activity every day, you might have a hard time doing this much at first. Start with 10 minutes, and add a few minutes per day, to work up to 30-40 minutes over several weeks.

Eat Better Diabetes

After this session, older adults will:

Have an overview of what diabetes is. They will learn the importance of eating a balanced diet for glucose control. Participants will rate their plate for two meals.

Preparation

- Copy Week 4 Tips & Tasks sheet for each participant.
- Review www.diabetes.org/nutrition-and-recipes/nutrition/types-of-carb.jsp for activity.
- Provide paper plates and markers for activity.
- See the List of Online Resources for Week 4.

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals.

Eat Better Mini-Talk

DIABETES

Diabetes is a disease in which the body does not produce enough insulin. Insulin helps us break down sugars and starches to use for energy. When blood sugar levels are not controlled, certain symptoms may result. These include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Blurry vision

Eating a well balanced diet can help keep those levels close to normal, helping to reduce health complications, such as blindness, kidney disease, heart disease and amputations.

Diabetics should pay attention to how many carbohydrates and what kinds they are eating. Fresh vegetables and whole grains are a great source of carbohydrate and fiber, so is fresh fruit.

Diabetics can follow the DASH eating plan to help control blood sugar and to maintain a healthy heart.

Activities

1. Rate your plate. Give each participant a paper plate and a marker. Have them draw a vertical line down the center of the plate. Then draw a horizontal line halfway across the plate. Tell participants that half the plate should contain vegetables, $\frac{1}{4}$ of the plate should have some type of protein, i.e. fish, chicken, lean meats, beans. The other $\frac{1}{4}$ of the plate should be rice, pasta, or a starchy vegetable like potatoes, corn or peas. Then add a glass of low-fat milk and a piece of fruit or a roll. Now you have a balanced meal.
2. With the help of participants, make a list of foods that are starchy, sugary, and high fiber. See <http://www.diabetes.org/nutrition-and-recipes/nutrition/types-of-carb.jsp> for examples of each category. Remember milk contains lactose (milk sugar).

Move More A Physical Activity Menu



After this session, older adults will:

Identify other types of physical activity that they enjoy.

Explore other ideas to help them meet their physical activity goals.

Preparation

- Copy Week 4 Tips & Tasks sheet for each participant.
- Have available compendium of physical activity with met level available at www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

As a guideline, 60 minutes of a light activity is equal to 30-40 minutes of a moderate activity and 15-30 minutes of a vigorous activity. So we should choose an activity that we like and make it part of our weekly routine. Changing up the activities can keep up from getting bored. Most importantly, stick with it!

Move More Mini-Talk

A PHYSICAL ACTIVITY MENU

Last week, we discussed the benefits of walking to help us get more physical activity. But there might be a lot of other activities that we enjoy. The best way to do more physical activity is to find something that is fun.

Some people might find it hard to exercise at moderate intensity levels, and would prefer to exercise at easier levels. If we exercise at easier levels, more time is needed to meet the recommendations for improving health. In other words, higher intensity activities require less time. Lower intensity activities require more time.

Here is a list of physical activities that you could try:

Light activities	Moderate activities	Vigorous activities
<ul style="list-style-type: none"> ■ Walking slowly ■ Golf, powered cart ■ Swimming, slow treading ■ Gardening or pruning ■ Bicycling, very light effort ■ Dusting or vacuuming ■ Conditioning exercise, light stretching, warm up 	<ul style="list-style-type: none"> ■ Walking briskly ■ Golf, pulling or carrying clubs ■ Swimming, recreational ■ Mowing lawn, power motor ■ Tennis, doubles ■ Bicycling 5 – 9 mph, level terrain, or with a few hills ■ Scrubbing floors or washing windows or cars ■ Weight lifting, Nautilus machines or free weights 	<ul style="list-style-type: none"> ■ Racewalking, jogging or running ■ Swimming laps ■ Mowing lawn, hand mower ■ Tennis, singles ■ Bicycling more than 10 mph, or on steep uphill terrain ■ Moving or pushing furniture ■ Circuit training

Activities

1. Have participants look over physical activity compendium, and find activities they might enjoy.
2. Explore community resources for activities that require equipment or that can be done in a group setting.
3. Bring in tapes of aerobics, chair aerobics, dance, and other aerobic activities.

Eat Better

Salt Sensibility

After this session, older adults will:

Know the recommended amount of sodium in their diet to help reduce the risk of high blood pressure. They will choose 1-2 low sodium foods daily.

Preparation

- Copy Week 5 Tips and Tasks sheets for each participant.
- Bring 5 to 7 containers (they can be empty) of foods with varying amounts of sodium, including frozen and canned food, snack chips, TV dinners, different brands of the same food, etc.
- Copy Healthy Shopping List for each participant.
- See the list of Online Resources for the week.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Eat Better Mini-Talk

SALT SENSIBILITY

Table salt is sodium chloride. Sodium is found in almost all foods we eat. It may be found naturally or added to canned, packaged or frozen foods. It may be added in cooking or at the table.

Everyone needs some sodium, but nearly all Americans eat more salt than they need. Sensitivity to salt or sodium seems to be more common in the African American and older adult populations. We need to be careful about how much sodium we eat. Lowering salt intake can help reduce the risk of high blood pressure.

How much is enough? According to *Dietary Guidelines for Americans 2005*, African Americans and older adults should eat no more than 1,500 mg of sodium per day (that's much less than 1 teaspoon of table salt)!

Tips to reduce salt and sodium:

1. Limit the use of cured foods, such as bacon, ham, processed luncheon meats.
2. Select fresh or frozen vegetables or low sodium canned vegetables.
3. Rinse canned foods, such as tuna or vegetables to remove some sodium.
4. Avoid salt substitutes. Individuals should only use these products under the supervision of a healthcare professional.

Using less sodium is the key to keeping your blood pressure in check.

Activity

1. Know your numbers: Give handout with blood pressure ranges. Have participants compare their blood pressure to the chart ranges. What category do they fall in?
2. Introduce participants to food label information: *How to Understand and Use the Nutrition Facts Panel on Food Labels* (www.cfsan.fda.gov/~dms/foodlab.html)
3. Have a volunteer arrange the items you have brought from lowest to highest amount of sodium without looking at the label. Then have another volunteer read the labels and rearrange items as necessary.
4. Explain the Calories: Sodium rule for reading the food label. If the calories per serving and the sodium per serving are similar numbers, then it is low in sodium. If sodium per serving is higher than calories per serving, then the food is high in sodium.

Move More

Keeping your joints moving!



After this session, older adults will:

Know safe ways to stretch and improve flexibility.

Preparation

- Copy Week 5 Tips & Tasks sheets for each participant.
- Copy the illustrated Tips for Bold Stretching and Flexibility for each participant.
- Make sure there is enough room for people to move around and that there is a chair for everyone.
- If you are not comfortable demonstrating the stretching activities, find a person or volunteer who is.
- See list of online resources.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Move More Mini-Talk

KEEP YOUR JOINTS MOVING

As we get older, muscles can lose flexibility. Stretching exercises can help give us more freedom of movement to do the things we need and like to do. Flexibility allows muscles and joints to move through their full range of motion, improving our posture and the way we walk, stand, and move.

If we don't move our joints and muscles through their full motion, we will lose flexibility.

If you can't do endurance or strength exercises because of a health problem, and stretching exercises are the only kind you can do, you should do try to do them every day.

Some stretching guidelines are:

- Warm up a little bit before stretching by taking a short walk around your house or yard, never stretch when you feel cold. Stretching your muscles before you warm up may cause you injury.
- Move the body part to the point where you feel a gentle stretch, do not bounce or force the stretch. Instead make slow, steady movements. When you bounce into a stretch, the muscle will tighten and make it even harder to stretch.
- You should do exercises at least 3 times per week, if not every day. Do each stretching exercise 3-5 times at each session. Hold the stretched position for 20-40 seconds.
- The total session of stretching should last at least 10-20 minutes.

- Stretching may cause mild discomfort, but should not cause pain. If stretching is painful, we might be stretching too far or too quickly. Reduce the stretch a little bit. Push yourself to stretch a little farther each time, but not so far that it hurts.
- Stretching your hips, legs, and lower back is important to help you stay flexible so that you can move around and get up and down from the floor, a bed, or a chair. Here are some simple stretches you can do on your own.

Activities

1. Have participants try out the stretches for the back and legs. Have them discuss which stretches are easy and which stretches are more difficult.
2. Bring in some tapes related to stretching for the older adult.

Eat Better

Shaking your Salt Habit

After this session, older adults will:

Know the major sources of sodium in their diet. They will learn how to substitute herbs and spices for salt daily.

Preparation

- Copy Week 6 Tips & Tasks sheet for each participant.
- Copy Herbs Information Sheet for each participant.
- Bring various herbs and spices for clients to taste and smell.
- See the list of Online Resources for the week.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in substituting 1-2 low sodium for high sodium foods each day.

Eat Better Mini-Talk

SHAKING YOUR SALT HABIT

Eating the right amount is the key to reaching or maintaining a healthy weight.

A portion is the amount of food you choose to eat. While there are no right or wrong portion sizes, some of us eat portions that may be too large or too small.

A serving is the standard amount described in the Food Guide Pyramid. Serving sizes are also found on the Nutrition Facts panel on food labels.

As we age, most of us need fewer calories than we did when we were younger. This is because we may not be as active as we were. However, our nutrition requirements remain the same or increase with age. So we need to be sure every bite we eat is healthy. While we may need less food, it needs to be the right food.

Over the past few weeks, we have learned about fruits and vegetables, calcium, and fiber, and why they are important for health. Many of us do not eat enough of these foods and could eat more servings to be healthier.

Activities

1. Review food label information: How to Understand and Use the Nutrition Facts Panel on Food Labels (www.cfsan.fda.gov/~dms/foodlab.html).
2. Discuss ways to use herbs to spice up the flavor without adding salt. Allow time to experience the taste and smell of various herbs and spices.

Move More Stand up straight and stretch!

After this session, older adults will:

Know safe ways to stretch and improve flexibility and posture.

Preparation

- Copy Week 6 Tips & Tasks sheets for each participant.
- Copy the illustrated Tips for Bold Stretching and Flexibility for each participant.
- Make sure there is enough room for people to move around and that there is a chair for everyone.
- If you are not comfortable demonstrating the stretching activities, find a person or volunteer who is.
- See list of online resources.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's

- When turning off the alarm, reach across the body and hold that position.
- Sit up in bed, open your arms wide, and stretch the chest.
- While you are brushing your hair, drop your arm behind the head for a triceps stretch
- As you are brushing your teeth, put one foot behind you and stretch out the calf muscles.

Activities

1. Have participants try out the stretches for the back and legs. Have them discuss which stretches are easy and which stretches are more difficult.
2. Bring in some tapes related to stretching for the older adult.

Move More Mini-Talk

STAND UP STRAIGHT AND STRETCH!

Good posture is part of good health. When you stand up straight you look better, you feel better, it is easier to breathe, and you conserve energy.

Do's and don'ts of good posture:

DO	DON'T
<ul style="list-style-type: none">■ Stand up straight■ Tuck in your chin■ Keep head and shoulders in line■ Check your posture in a mirror■ Push your head back against head rest or car seat	<ul style="list-style-type: none">■ Slouch or slump■ Stay in one position for too long■ Believe it is too late too change

Good shoes are also an important part of good posture. It is hard to stand up straight when your feet hurt, or if your spine is out of line because of high heels or tight shoes.

Good posture takes good flexibility of the joints of your upper back, neck, shoulders, and arms. Here are some exercises you can do to these areas and improve your posture.

As we have learned, stretching is important to keep our muscles loose. This gives us the ability to move about freely and helps reduce injury. While stretching after exercising is good, we can add stretching into other areas of our life.

- As you sit down at the table, perform a spinal rotation to each side.
- As you sit down to put on your shoes, lengthen the leg and reach for your toes for a hamstring stretch.
- Before you put your car into gear, turn to look over one shoulder and then the other, holding each position.

Eat Better Pumping up your Potassium

After this session, older adults will:

Recognize the importance of potassium for health. They will choose to eat three or more foods rich in potassium each day.

Preparation

- Copy Week 7 Tips & Tasks sheet for each participant.
- Copy Potassium Rich Foods List for each participant.
- Bring in food containers with various levels of sodium and potassium.
- See the List of Online Resources for Week 7.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Eat Better Mini-Talk

PUMPING UP YOUR POTASSIUM

Potassium is an important mineral. It helps us build muscle for normal body growth and helps nerves function in the brain and the body. Potassium can also reduce the effects of sodium on blood pressure.

Most of us eat too little potassium and too much sodium. Potassium is in many fresh foods, especially fruits and vegetables. Boxed and canned goods usually have lower amounts of potassium and large amounts of sodium.

Eating potassium-rich foods that are low sodium and living more active helps reduce blood pressure and increase health.

Activity

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Move More

Strength training and bone health



After this session, older adults will:

Recognize the benefit of resistance training for bone health. They will train 2-3 days of the week.

Preparation

- Copy Week 10 Tips & Tasks for each participant.
- Identify an exercise program on TV that would be appropriate for your participants. Write the schedule on the Tips & Tasks before copying.
- Bring pencils and calculators for setting step goals.
- See the List of Weekly Resources for Week 10 (See Appendix 4).

Start Up

- Collect last week's Tips & Tasks sheets.
- Discuss successes, challenges, and obstacles in achieving last week's step goals (See Appendix 6). What activities did you use to add steps to your record?

- When you do an exercise, take about 3 seconds to move into the position, hold the position for 1-2 seconds, then take about 3 seconds to move out of the position.
- It should be a little hard to move into the position, but not too hard. If you feel like the band is too tight, or the movement is too hard, then reduce the amount of resistance. If it feels too easy when you do the exercise 10-15 times,

then you may need to add more resistance. You can do this by increasing the amount of stretch in the band, or getting a tighter band.

- Bands come in different colors depending on the amount of resistance they give, or how difficult it is to stretch it.
- Make sure to lie, sit, or stand with the body straight when you are doing exercises.

Move More Mini-Talk

STRENGTH TRAINING AND BONE HEALTH

We know that calcium and vitamin D are important to keep our bones strong.

Physical activity is also needed, especially weight bearing or strengthening exercises. When we move our muscles, they pull on our bones making them stronger. The stronger our muscles get, the stronger our bones will be.

Strength training means you are using some type of resistance, like weights, elastic bands, or your body weight, to make your muscles stronger. We will learn how to do some exercises with body weight, and how to use elastic band for other exercises.

We should do strength exercises for all of our major muscle groups at least two times per week. This includes the shoulders, arms, the abdomen and back, hips, thigh, and leg. This week we will learn some exercises with the abdomen, shoulders, and arms.

Guidelines for strength training:

- When we first start out, we should use little or no resistance (a light band, or just the weight of your body.) Our bodies need to adapt to resistance training. Starting out with too much resistance can cause us injury.
- To get the most out of strength training, gradually add resistance. You can do this by stretching an exercise band a little tighter.
- When you begin, do each strength exercise 10-15 times, rest a minute, then do it 10-15 times again. While you are resting one muscle group, you can exercise another group.

Activities

1. Have participants try each exercise. They will need a Thera-band and a chair.

Eat Better

Vitamin D for Bone Density

After this session, older adults will:

Understand the importance of vitamin D for bone health. They will try to eat three or more vitamin D rich foods..

Preparation

- Copy Week 8 Tips & Tasks sheet for each participant.
- Bring 5 to 7 containers (they can be empty) of foods with varying amounts of Vitamin D, including frozen and canned food, snack chips, TV dinners, different brands of the same food, etc.
- See the List of Online Resources for Week 8.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Eat Better Mini-Talk

VITAMIN D FOR BONE DENSITY

Vitamin D, like calcium, is important for strong, dense bones. The most important job of vitamin D is to keep blood levels of calcium and phosphorous normal. It also helps us absorb calcium, which is important for building and keeping strong bones.

Vitamin D is not found naturally in many foods. Vitamin D is added to milk and some brands of orange juice and fortified ready to eat breakfast cereals. Yogurt and ice cream typically do not have vitamin D.

We can make some vitamin D from sunlight in our bodies, but as we get older, we can't make enough.

Without enough vitamin D, our bones can become thin and weak which leads to osteoporosis. Many older adults with hip fractures do not get enough vitamin D.

Activities

1. Using Nutrition Facts labels on food packages have a volunteer choose one. Determine how many servings of that food is needed to get the daily requirement of vitamin D.



Move More

Resistance training to keep you active

After this session, older adults will:

Know how to improve their balance. They will strengthen their lower body muscles by exercising 2-3 days a week.

Preparation

- Copy Tips & Tasks sheets for each participant.
- Copy the illustrated Tips for Bold Resistance training for each participant.
- Make sure there is enough room for people to move around and that there is a chair and Thera-band for everyone.
- If you are not comfortable demonstrating the resistance activities, find a person or volunteer who is.
- See list of online resources.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Move More Mini-Talk

RESISTANCE TRAINING TO KEEP YOU ACTIVE

As we get older, our muscles get weaker. This makes it harder to do things that require strength like climbing a flight of stairs, carrying groceries, and getting up and down from a chair. Although losing muscle is a part of normal aging, most of us lose even more because we stop doing things that take strength. When we don't use the muscles, they become even weaker. With a little resistance training we can keep this from happening. Increasing the size of a muscle just a little can make these types of activities easier.

Last week, we learned some exercises to help our back and arms. This week we will learn some exercises to keep our legs strong. Strong legs and hips can help prevent falls. Strong bones can help up avoid a fracture if we do fall. Balance exercises can help you stay independent by helping to avoid injuries that may result from falling, such as hip fractures.

It is also important to be safe when you exercise. The following are some important safety tips:

- Don't hold your breath during strengthening exercises. One shouldn't strain when lifting weights or doing resistance exercise. Straining means the weight or resistance is too high.
- Breathe out as you lift or push or stretch the elastic band, breathe in as you relax.

- If you have had hip surgery, check with your surgeon before doing leg exercises. In general, people who have had a hip replacement shouldn't cross their legs or bend their hips so that their knee is higher than their hip. (more than a 90 degree angle).
- As a rule of thumb, exercise should not be painful and one should not feel exhausted after completing the exercise. Both of these symptoms

are indicative of an excessive exercise routine.

- Some muscle soreness is normal and might last for a few days. Exhausted sore joints and muscles are not normal. If you feel very sore and the muscles feel very tired, lower the resistance and/or the number of repetitions.
- None of the exercises you do should cause pain. If an exercise is painful, don't do it.

Activities

1. Have participants try the six strengthening activities.
2. Have the participants problem solve about how and where they will be able to do the activities.

Eat Better

More Minerals for Mighty Bones

After this session, older adults will:

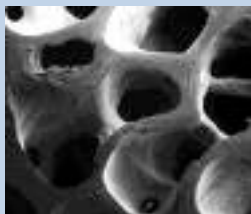
Recognize the importance of eating a variety of foods for bone health. They will eat three servings of bone-healthy foods.

Preparation

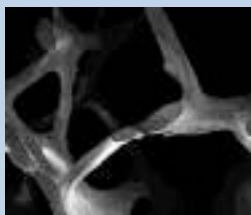
- Copy Week 9 Tips & Tasks sheet for each participant.
- Copy Bone Bingo cards for each participant (See appendix for directions).
- See the List of Online Resources for Week 9.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.



Normal Bone



Osteoporotic Bone

Eat Better Mini-Talk

MORE MINERALS FOR MIGHTY BONES

We hear a lot about calcium and vitamin D for strong bones. However, other nutrients also help us build strength and maintain our bone. Keep these minerals in mind when eating for bone health.

Phosphorus: Next to calcium, phosphorus is the most abundant mineral in the body. About 85% of phosphorus in the body is in bones and teeth. The right balance between calcium and phosphorus is needed for good bone density and osteoporosis prevention. We need about 700mg of phosphorus a day.

Sources of phosphorus: meat, poultry, fish, eggs, dairy, nuts, legumes, and whole grains.

Magnesium: Magnesium enhances our bone quality. Fifty percent of magnesium is in bone. Older adults are at increased risk for magnesium deficiency. Older adults tend to eat less magnesium rich foods and their bodies absorb less magnesium. Men over 30 need 420mg and women over 30 need 320mg of magnesium a day.

Sources of magnesium: dark green leafy vegetables, potatoes, nuts, seeds, and whole grains.

Potassium: Potassium reduces calcium losses through urine, which helps to maintain bone density. We need 4700mg of potassium a day.

Sources of potassium: fruits, vegetables, chicken, turkey, fish, milk, and yogurt.

Vitamin D is also important. We learned last session that we need 1000 IU a day for strong bones and teeth.

Activities

1. Show cross section of normal bone vs. osteoporotic bone.
2. Play Bones Bingo: Offer some type of award for winner, possibly something related to bone health.

Move More

Improving your balance

After this session, older adults will:

Know how to improve their balance by doing balance exercises.

Understand that exercises that strengthen their lower body muscles also improve their balance

Preparation

- Copy Week 9 Tips & Tasks sheets for each participant.
- Copy the illustrated Tips for Bold Balance for each participant.
- Make sure there is enough room for people to move around and that there is a chair.
- If you are not comfortable demonstrating the balance activities, find a person or volunteer who is.
- See list of online resources.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Move More Mini-Talk

IMPROVING YOUR BALANCE

Balance exercises can help you stay independent by helping to avoid injuries that may result from falling, such as hip fractures. People with better balance also have less fear of falling. When people are afraid of falling, they might stop doing things they like to do. Many strength exercises also help you to improve your balance. We can also modify strength exercises so that they also help us with our balance.

While doing standing exercises, usually you are told to hold on. To make it harder, hold on with only one hand. As you progress, hold on only with a fingertip, then try to do the exercises without holding on at all.

There are also special exercises that you can do to help your balance. We will review some of these exercises today. When you first try to do these exercises try to do them in front of a chair or table so that you can sit down if you feel like you are going to fall. The first few times you do these exercises, ask someone to watch you, in case you lose your balance.

You can check your progress by timing how long you can stand on one foot, or stand with one foot in front of the other. A few weeks after we start doing strengthening and balance exercises, we can time ourselves again to see how much we have improved.

Here are some exercises that you can do to help your balance. Remember that you leg strengthening exercises can also be modified to help your balance as well.

Activities

1. Review the balance exercises. Make sure that people work with partners and chairs close by.



Eat Better

The Vital Vitamin B12

After this session, older adults will:

Understand the importance of Vitamin B12. They will know which foods contain B12, and will eat at least one B12 rich food a day.

Preparation

- Copy Week 10 Tips & Tasks sheet for each participant.
- See the List of Online Resources for Week 10.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Eat Better Mini-Talk

THE VITAL VITAMIN B12

Vitamin B12 is used to form red blood cells and to keep our nervous system healthy by maintaining the protective layer that surrounds our nerves. It is also needed for cell division, important for repairing the body.

Vitamin B12 is only found in animal foods such as meat, fish, poultry, eggs and milk. Other options are breakfast cereals fortified with B12 because our bodies can get B12 from them easier.

Our stomach acid frees B12 from food. We then have a protein called intrinsic factor that binds to B12 so our body can absorb it. As we age, our bodies make less stomach acid. The overuse of antacids also lowers our stomach acid. This makes it harder to get B12 from food. We also make less intrinsic factor, which makes it harder to absorb B12.

Recommended daily allowance for vitamin B12 is 2.4 µg (40% DV). Most labels only list the % Daily Value for B12. A food that has 5% or less of the DV is a low source of vitamin B12. A food that has 10-19% of the DV is a good source. A food that has 20% or more of the DV is high in vitamin B12.

B12 supplements are available. If you decide to take a supplement, choose the crystalline form of vitamin B12. Always speak with your healthcare professional before taking any supplements. We will talk more about supplements next week.

Activities

1. Using cereal box labels have participants put boxes in order from high B12 to low B12 based on the % DV.

Move More

Adding balance to your life

After this session, older adults will:

Learn other ways to add balancing activities to their daily routine. They will gain greater balance and decrease their chances of injury due to falling.

Preparation

- Copy Week 10 Tips & Tasks sheets for each participant.
- See list of online resources.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Move More Mini-Talk

RESISTANCE TRAINING TO KEEP YOU ACTIVE

Maintaining your balance is important to help reduce injuries due to falls. While exercising is important to increase balance, there are other ways to increase your balance throughout the day.

- When standing in line at the grocery store, stand on one leg while holding on to the shopping cart.
- Rise up on your toes while washing dishes.
- When walking from one room to the next, practice placing one foot directly in front of the other using the wall for stability.
- When waiting at the bus stop, do toe raises or side leg raises while holding on to a bench or a pole for support.
- Try to stand up and sit down from a chair without using your hands for balance.

Having good balance means you can stay upright and walk on different types of surfaces. There are some fun ways to do some balance exercises as well. For example, you can practice standing on a foam mat. This helps you to have better balance on uneven surfaces such as sand or grass. You can also practice sitting on a large exercise ball, this helps your body learn how to adapt to walking up and down slopes and hills. It also helps our body learn how to react if we need to move quickly to avoid falling, like if we are in a crowd or need to get out of the way of a moving object. These exercises are fun, but we should only do them if our balance is normally pretty good, or if someone is there to help us if we lose our balance.

Many special types of exercise are also very good for balance. For example yoga and tai-chi are two types of exercise that can improve our balance. Finding an exercise class or using an exercise tape can be a fun

Activities

1. Have participants try to think of other ways to incorporate balance exercises into their normal activities.
2. Have foam mats or balls available so that participants can try to use them.
3. Play a video/DVD of Tai chi or yoga specific to older adults for 5 – 10 minutes.

Eat Better

Selecting Dietary Supplements

After this session, older adults will:

Know what supplements are and how and when to use them. They will talk with their healthcare provider about the supplements they may be taking.

Preparation

- Copy Week 11 Tips & Tasks sheet for each participant.
- Copy Health Care Checklist for each participant.
- Bring in some supplement bottles or their labels.
- See the List of Online Resources for Week 11.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Eat Better Mini-Talk

SELECTING DIETARY SUPPLEMENTS

Nutrient needs should be met primarily through eating a variety of foods. In some cases, fortified foods and dietary supplements may be useful sources of nutrients that otherwise might be consumed in less than recommended amounts.

Dietary supplements are not pre-approved by the government for safety before marketing. They are also not intended to treat, diagnose, prevent, or cure diseases. We need to be aware of false claims that some supplements make. If a supplement claims "cure all" or "completely safe and natural", it is best to avoid it. Just because something is natural, does not mean it is safe. Some supplements can react with prescription and over-the-counter medicines. Others are very expensive and may not work.

How do we know if we need to take a supplement? We can talk to our healthcare provider and/or a registered dietitian. They can tell us if we are eating too much or too little of a nutrient, as well as what supplements are safe for us to take if we are on medications.

Remember, supplements should not replace eating a variety of foods for overall health.

Activities

1. Complete 'Nutrition Assessment' and 'General Questions about Dietary Supplement Use.' Suggest participants take this to their next doctor visit and discuss the use of supplements.
2. Bring in some supplements with and without false claims. Discuss which ones should be avoided and why. Emphasize talking to a healthcare professional and/or dietitian before taking any supplements.

Move More Making it a habit!

After this session, older adults will:

- Set up an exercise program that incorporates endurance, flexibility, strengthening and balance activities.
- Utilize ways to help them stick with the program

Preparation

- Copy Week 11 Tips and Tasks sheets.
- Copy exercise schedule and sample schedule.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.

Move More Mini-Talk

MAKING IT A HABIT!

We have learned a lot about different types of activities to do, and the importance of a varied physical activity program. For some of us, making healthy changes is easy, but for others it is not so easy. A few weeks ago, we talked about the barriers we might have to being more active. Today, we are going to talk about things we can do to add physical activity to our life and keep it there.

For many people, it is easier to follow a schedule. We should:

- Perform endurance activities almost every day
- Perform stretching activities 3-5 days per week
- Perform strengthening activities 2-3 days per week
- Incorporate balance activities into other daily activities

We have also learned that doing a variety of physical activities is a good way to stay motivated, stay healthy, and keep us interested.

Below is a sample of a physical activity schedule:

	Flexibility	Cardio	Strength
Sunday	Stretch	Walk the dog	
Monday	Stretch	Dance class	Lift weights (arms)
Tuesday	Tai-Chi	Walk at mall or park	Work in the yard
Wednesday	Stretch	Garden	Chair exercises
Thursday	Yoga	Walk with a friend	Lift weights (legs)
Friday	Stretch	Aerobics or other class	Chair exercises
Saturday	Stretch	Clean the house	Work in the yard

We should try to set up an exercise schedule for ourselves. It is easier to change the way we live if we know exactly what we should do. We should set goals often. We should check your progress to see if we have met those goals. Then we should set a new goal.

Activities

1. Give participants blank schedules, and help them to fill them out to meet the guidelines described in this program.
2. Have participants discuss again all of the types of physical activity they do in their daily lives, and see how much that adds up.

Eat Better Celebrating Success!

After this session, older adults will:

Commit to Eat Better every day....and Celebrate success!

Preparation

- If possible, come up with prizes in cooperation with local businesses, hospitals or agencies: coupons for healthy food items, award certificates etc.
- Develop some categories of winners: Most improved, increased potassium intake, low sodium intake, etc.
- Copy the Nutrition/Health Questionnaire for each participant if you are interested in outcome data for your Program (See Appendix).
- Print out a resource list for nutrition assistance available in your community. Copy the list for each participant.

Start Up

- Collect previous week's Tips & Tasks sheet.
- Discuss successes, challenges, and obstacles in achieving last week's goals.
- Ask for some personal thoughts about the program:
 - What was the most valuable part?
 - What did you learn that you didn't know before?
 - What did you try or do that was new for you?
 - Will it be hard for you to keep the changes you've made?
 - Will it be hard for you to add new changes?

Activities

1. Distribute the brief Nutrition/Health Questionnaire and help participants answer all questions. Collect questionnaires being certain that each one includes identifying data, such as a name or ID number, and a date.
2. Award prizes. Ask winners to talk about their accomplishments.
3. Help make plans for people to continue *Eat Better*.
4. Provide additional nutrition resources to help people continue to *Eat Better*.
5. CELEBRATE SUCCESS!



Move More Stick with it!

Once we know exactly what it is we should do, there are other things that we can do to stay motivated.

- Set our own goals. This helps us not to be discouraged by comparing ourselves with other's people goals
- Start slowly and progress slowly with exercises and activities that we enjoy. We are more likely to stick to activities that we enjoy.
- Incorporate activities into daily life. If we do this, we don't have to make time to exercise, and we might get other activities done as well. For example, cleaning the house and walking the dog are good types of endurance activities. Gardening is good for flexibility and strengthening. Here are some other ways to incorporate exercise into daily life.
 - Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.
 - Park the car farther away from your destination.
 - Get on or off the bus several blocks away.
 - Take the stairs instead of the elevator or escalator.
 - Play with children or pets. Everybody wins.
 - Perform gardening or home repair activities.
 - Avoid labor-saving devices-turn off the self-propel option on your lawn mower or vacuum cleaner.
 - Use leg power-take small trips on foot to get your body moving.
 - Exercise while watching TV (for example, use hand weights, stationary bicycle/treadmill/stairclimber, or stretch).
 - Dance to music.
 - Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
 - Make a Saturday morning walk a group habit.
 - Walk while doing errands.
- Establish regular workouts. Try to exercise at the same time of day. This makes it easier to stick with a schedule.
- Remind yourself of the benefits of exercise and physical activity.
- Maintain logs of your activities and your progress. This helps us to see how far we've come and to keep it up!
- Set new goals often. Don't try to do it all at one time.
- Exercise with a partner or in groups. When we do this we benefit from the exercise and also from being around friends and family members we enjoy. Try to find groups that like to exercise together. We could organize an exercise group at places we go to a lot, like a church, mall, or grocery store.
- Try to get support from family and friends. Exercise with your children or grandchildren, or even your dog. Good health is contagious!

We have all come a long way in the last 12 weeks. We have learned how to do a variety of activities including stretching, strengthening, endurance and balance activities. We have learned how to set goals and progress. We have learned strategies to keep us going and keep us active!

Now is the time to share our successes with each other. Being more physically active is part of a healthy lifestyle!

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Appendix 1: SCREENING QUESTIONNAIRE



Name: _____ Date: _____

Who Should be Evaluated by a Medical Professional

Even though Steps to Healthier Aging: *Eat Better & Move More* Program is not overly strenuous, some individuals should be evaluated by a health professional to see if medical permission is necessary. The following screening questionnaire may help indicate if an individual needs a doctor's permission before starting the program

	YES	NO
1. I get chest pains while at rest and/or during exertion. (If a physician has diagnosed these chest pains and told you it is safe for you to walk, you do not have to answer "yes.")		
2. I have had a heart attack within the last year.		
3. My blood pressure is above normal (or my last blood pressure reading was more than 120/80).		
4. I have diabetes. (If your diabetes is being treated and your health care team has told you it is safe for you to walk, you do not have to answer "yes.")		
5. I am short of breath after extremely mild exertion and sometimes even at rest or at night in bed.		
6. I have ulcerated wounds or cuts on my feet that don't seem to heal.		
7. I have lost 10 pounds or more in the past 6 months without trying.		
8. I get pain in my buttocks or the back of my legs (thigh or calves) when I walk.		
9. While at rest, I often have fast irregular heartbeats or very slow heartbeats. (A low heart rate can be a sign of an efficient well-conditioned heart, but a very low rate can also mean an almost completely blocked blood vessel to the heart.)		
10. I am currently being treated for a heart or circulatory condition, such as vascular disease, stroke, angina, hypertension (high blood pressure), congestive heart failure, poor circulation to the legs, vascular heart disease, blood clots, or pulmonary (lung) disease.		

SAMPLE FORMS

You are invited to revise this **Consent to Participate FORM** to meet the needs of your participants and program.

Consent to Participate in Eat Better & Move More Part 2

You freely and voluntarily agree to participate in this research program. You understand that you will increase your physical activity and hear information to help you make healthier food choices. To increase your physical activity, you will learn new exercises once a week for about 12 weeks. You will have a personal goal to increase your time engaged in physical activity each week. You will also agree to keep records of how much time you spend being physically active each day and changes made in your eating. You will bring the Tips & Task sheets to the meeting each week.

We may measure your height and weight and your waist. We will test your endurance, flexibility, strength and balance. You will be asked to fill out questionnaires about your health, physical activity, and food habits. All measurements and questionnaires will be done here. We may repeat these measures at the end of the program. Your questionnaires will be identified by a random number, not your name. All of your answers are confidential and will not be shared with anyone unless required by law. Your records will be kept for 5 years per our federal grant in a locked secure area. Your data will be compared to the data of other participants. We will present the research results as a group.

You understand that the risks involved in participating are minimal because you are only being asked to exercise more and eat healthier each day. If you experience any side effects from exercising, you should call or see your doctor. You may benefit from learning about healthy eating and being more physically active.

You understand that participation in this program is completely voluntary. You will be told and given in writing any new information that might affect your decision to participate. You may refuse to participate or stop this program at any time. If you do not want to continue, the meals and other activities that you are entitled to will not be affected in any way.

I have read and understand the above consent form. I agree to participate in this program.

Participant's Signature

Printed Name

Date

Telephone number

I have explained the research procedures, subject rights and answered questions raised by the participant. I have offered the participant a copy of this informed consent form.

Signature of Witness

Date

SAMPLE FORMS

You are invited to revise this **PHYSICIAN'S APPROVAL FORM** to meet the needs of your participants and program.

Physician's Approval to participate in the Steps to Healthier Aging: Eat Better & Move More Program.

This nutrition and walking program is designed to help older adults eat better and walk more. Participants will wear step counters to monitor the number of steps they take each day. Every week each will be given a daily step goal based on the average daily steps from the previous week. The new step goal will be about a 10% increase. There will be mini-talks on nutrition and walking. If possible, 5-15 minutes of group walking will be offered twice a week for participants.

Release to request permission

I give permission to _____ to ask my physician if I may participate in the *Steps to Healthier Aging: Eat Better & Move More* program. I give my physician approval to sign the form.

_____	_____	_____
Participant's Signature	Printed Name	Date

_____ has medical approval to participate in *Steps to Healthy Aging: Eat Better & Move More* campaign.

_____	<input type="checkbox"/> I Give My Approval	<input type="checkbox"/> I Do Not Give My Approval
Participant's Signature		
_____	_____	_____
Physician's Signature	Printed Name	Date
_____	_____	
Physician's Address	Physician's Phone	

Appendix 2: PARTICIPANT ENROLLMENT FORM

FOR OFFICE USE

ID# □-□-□□□

NSI

ADL

IADL

Your answers are important. Your confidential responses will help us to plan programs for older adults.

Date of Birth _____ / _____ / _____
month day year

Male Female

1. Race/Ethnicity: (Please check one)

Caucasian

African American

Hispanic/Latino

Native American

Asian/Pacific Islander

Don't know/refuse

2. Who do you live with? (Please check all that apply)

Live with spouse

Live alone

Live with other family member

Other _____

3. Do you smoke now?

Yes

No

4. Do you have any of the following conditions? (Please check all that apply)

High blood pressure

Diabetes

Arthritis

Heart disease (angina, congestive heart failure,
heart attack or other heart problems)

Asthma

Chronic lung disease (COPD, emphysema)

Knee surgery

Hearing impairment or significant hearing loss

Other _____

Hip replacement

Dizziness

Kidney disease

Problems seeing

Incontinence

Osteoporosis

Constipation

5. Do you use any of the following? (Please check all that apply)

Cane

Walker

Seat lift or lift chair

Bath bench

Grab bars

Built up toilet seat

6. What is your annual **Household** income? (Please check one)

Under \$5,000

\$5,000–\$9,999

\$10,000–\$14,999

\$15,000–\$24,999

\$25,000–\$34,999

Greater than \$35,000

Prefer not to answer

7. What is your highest level of education? (Please check one)

1st to 8th grade

9th to 12th grade

Associates Degree

Some College or Trade School

Bachelors Degree

Graduate School

8. A) Does your area have exercise programs for older adults?

Yes

No

Don't know

B) If yes, do you go to those programs now?

Yes

No

9. In your opinion, do you have safe places to walk?

Yes

No

Do you walk there?

Yes

No

NUTRITION & HEALTH QUESTIONNAIRE

Name _____ ID# _____ Date _____

1. In general, would you say your **health** is
 Excellent Very Good Good Fair Poor
2. In general, would you say your **appetite** is
 Excellent Very Good Good Fair Poor
3. How many servings of **fruit** do you usually eat every day?
 (1 serving = 1 piece; 1/2 cup chopped, cooked, or canned fruit; or 3/4 cup of juice)
 0 servings 1 serving 2 servings 3 or more servings
4. How many servings of **vegetables** do you usually eat every day?
 (1 serving = 1 cup raw leafy greens; 1/2 cup cooked or raw vegetables; or 3/4 cup juice)
 0 servings 1 serving 2 servings 3 or more servings
5. How many servings of **whole grains** or **high fiber foods** (such as breakfast cereals like bran flakes or oatmeal, whole wheat breads, whole grain crackers, beans, brown rice) do you usually eat every day?
 (1 serving = 1 piece bread; or 1/2 cup cereal, rice, pasta).
 0 servings 1 serving 2 servings 3 or more servings
6. How many servings of **milk, cheese, yogurt, or calcium rich soy products** do you usually eat every day?
 (1 serving = 1 cup or 8 ounces of milk or yogurt; or 1 slice of cheese).
 0 servings 1 serving 2 servings 3 or more servings
7. Think about all **non-alcoholic fluids, including water** that you usually drink. How many glasses do you usually drink each day? (1 glass = 1 cup or 8 ounces)
 0 1-2 3-4 5-6 7 or more
8. Check the following based on your abilities:

Preparing food	<input type="checkbox"/> don't need help	<input type="checkbox"/> need some help	<input type="checkbox"/> have total difficulty
Shopping for food	<input type="checkbox"/> don't need help	<input type="checkbox"/> need some help	<input type="checkbox"/> have total difficulty
Getting to the grocery	<input type="checkbox"/> don't need help	<input type="checkbox"/> need some help	<input type="checkbox"/> have total difficulty
9. Think about the amount of food you eat at the congregate Nutrition Program. On the days you eat there, what portion of all the foods you eat in a day does this meal represent?
 Less than 1/3 Between 1/3 & 1/2 About 1/2 More than 1/2
10. Check the statement which best describes you:
 I have been eating **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** per day for *more than six months*.
 I have been eating **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** per day, but for *less than six months*.
 I do not eat **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** per day, but I intend to begin eating 2-3 serving of **milk, cheese, yogurt, and calcium-rich soy products** per day in the *next 30 days*.
 I do not eat **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** per day, but I intend to begin eating **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** per day in the *next six months*.
 I do not eat **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** per day, and I do not intend to begin eating **2-3 servings of milk, cheese, yogurt, and calcium-rich soy products** in the *next six months*

PHYSICAL ACTIVITY QUESTIONNAIRE

The following questions ask about your physical activity habits. *Physical activity* includes activities such as biking, walking, or other exercise, which you do to improve your health. *Regular physical activity* means physical activity at least three times a week for at least 20 minutes each time.

1. Mark the statement which best describes you:

- I have been doing regular physical activity for *more than six months*.
- I have been doing regular physical activity, but for *less than six months*.
- I am not doing regular physical activity, but I intend to begin regular physical activity in the *next 30 days*.
- I am not doing regular physical activity, but I intend to begin doing regular physical activity in the *next six months*.
- I am not doing regular physical activity, and I do **not** intend to begin doing regular physical activity in the *next six months*.

2. How many city blocks or their equivalent do you normally walk each day?

_____ Blocks per day (Let 12 blocks = 1 mile)

3. How many flights of stairs do you climb each day?

_____ Flights per day (Let one flight = 10 steps).

4. Which of these statements best express your view? (*Please check one.*)

- a. _____ I take enough physical activity to keep healthy
- b. _____ I ought to be more physically active
- c. _____ Don't know

5. When you are exercising in your usual fashion, how would you rate your level of exertion (degree of effort?) (*Please circle one number.*)

- 0 None
- 0.5 Very, very weak
- 1 Very weak
- 2 Weak
- 3 Moderate
- 4 Somewhat strong
- 5–6 Strong (heavy)
- 7–8 Very strong
- 9–10 Very, very strong
- over 10 Maximal

Thank you very much for your time and cooperation. Your answers are very important to us.

WEEK 1

GOAL CONTRACT

Name: _____ Date: _____

My goal is to: (Be specific and give a date)

Nutrition goal

Physical Activity goal

Obstacles I may encounter:

- | | |
|---|---|
| <input type="checkbox"/> Attendance | <input type="checkbox"/> Pre-existing Health Conditions |
| <input type="checkbox"/> Maintaining Motivation | <input type="checkbox"/> Beliefs/Perceptions |
| <input type="checkbox"/> Social Influence | <input type="checkbox"/> Convenience |

Other: _____

Actions I will take to overcome possible obstacles: (Be specific and give a date)

- _____
- _____
- _____
- _____
- _____
- _____

When I achieve my goal, I will reward myself by or with:

- _____
- _____

WEEK 2

FALL & WINTER		
FRUITS	VEGETABLES	
Apples Berries (Cranberry, Raspberry, Strawberry) Grapefruit Kiwi Lemon Oranges Pears Persimmons Star Fruit	Asparagus Avocado Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Collard Greens Kale	Lettuce Okra Onion Potato Peppers Spinach Turnip Winter squash (Butternut, Acorn) Zucchini
SPRING		
Berries (Blackberry, Cherry) Mangoes Melon (Cantaloupe, Honeydew, Watermelon) Oranges Papayas Peaches	Asparagus Beans Beets Collards Corn Cucumbers Garlic Kale	Lettuce Okra Peas Peppers Radish Squash Turnips Zucchini
SUMMER		
Berries Grapes Mangoes Melons Nectarines Peaches Plums	Beets Collards Cucumbers Eggplant Kale Okra Peppers Squash Tomatoes Zucchini	

WEEK 3 KNOW YOUR NUMBERS (Excerpted from American Heart Association)

Blood pressure is the pressure of the blood against the walls of the arteries. Blood pressure results from two forces. One is created by the heart as it pumps blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow.

What do blood pressure numbers indicate?

- The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body.
- The lower (diastolic) number represents the pressure when the heart relaxes between beats.

The systolic pressure is always stated first and the diastolic pressure second.

Example: 118/76 (118 over 76) systolic = 118, diastolic = 76.

	Systolic	Diastolic
Optimal	<120	< 80
Pre-Hypertension	120-139	80-89
Hypertension	>140	> 90



Healthful Shopping List



Vegetables:

- _____ avocado
- _____ bell peppers
- _____ broccoli
- _____ cabbage
- _____ carrots
- _____ cauliflower
- _____ celery
- _____ corn
- _____ cucumbers
- _____ eggplant
- _____ garlic
- _____ herbs _____
- _____ kale, collards
- _____ lettuce, dark green
- _____ mushrooms
- _____ onions
- _____ potatoes
- _____ spinach
- _____ squash
- _____ sweet potatoes
- _____ tofu
- _____ tomatoes
- _____ zucchini
- _____
- _____
- _____

Fruits:

- _____ apples
- _____ bananas
- _____ berries
- _____ grapefruit
- _____ grapes
- _____ kiwi
- _____ lemons/limes
- _____ melons
- _____ oranges
- _____ peaches
- _____ pears
- _____ pineapple
- _____ plums
- _____ watermelon
- _____
- _____

Dairy:

- _____ cheese, low-fat/reduced fat
- _____ egg whites
- _____ half & half, fat-free
- _____ margarine, light tub
- _____ milk, skim
- _____ orange juice w/ calcium
- _____ ricotta, nonfat
- _____ sour cream, nonfat
- _____ soy milk, fortified
- _____ yogurt, fat-free, light

Frozen:

- _____ black-eyed peas
- _____ broccoli
- _____ corn
- _____ frozen fruits, unsweetened
- _____ lima beans
- _____ peas with carrots
- _____ spinach/kale
- _____ vegetable mixes
- _____ winter squash

Fish/Poultry/Lean Meat:

- _____ chicken or turkey breast
- _____ fish (not breaded)
- _____ lean beef, pork
- _____ shrimp/seafood

Cereal:

- *5 g fiber, less than 10 g sugar*
- _____ oatmeal
- _____ shredded wheat
- _____ whole-grain cereal

Canned:

- *low-sodium, no added sugar*
- _____ apple sauce, unsweetened
- _____ beans
- _____ fruit in juice/water
- _____ chicken broth, low-sodium
- _____ hominy
- _____ parmesan cheese
- _____ pasta sauce, low-sodium
- _____ soup, low-fat, low-sodium

- _____ tomato paste
- _____ tomato sauce, no added salt
- _____ tomatoes, no added salt
- _____ tuna fish in water
- _____ vegetables

Dried and Packaged:

- _____ baked chips
- _____ baking powder, soda
- _____ barley
- _____ beans, dried
- _____ brown rice
- _____ cocoa powder
- _____ corn meal
- _____ herbs _____
- _____ flour, whole grain
- _____ lentils, dried peas
- _____ nuts, nut butters
- _____ pasta
- _____ peanut butter
- _____ popcorn, low-fat
- _____ raisins
- _____ spices _____
- _____ seasoning blends
- _____ vanilla extract
- _____ vegetable oil






Condiments:

- _____ chocolate syrup, light
- _____ jam, light
- _____ ketchup, no-salt
- _____ mayo, low-fat
- _____ mustard
- _____ salad dressing, low-fat
- _____ soy sauce, light
- _____ syrup, sugar-free
- _____ vinegar _____
- _____ Worcestershire

Bread:

- _____ 100% whole-wheat bread
- _____ corn tortillas
- _____ low-fat tortillas
- _____ whole-grain crackers, low-fat
- _____ whole-wheat pitas

WEEK 6 HERB INFORMATION

PICTURE	HERB	USAGE
	Basil	Tomatoes & tomato dishes, vinegars, rice, eggs, meats, duck, salads, vegetables
	Cilantro	Tacos, salsas, soups, stews, chicken and rice, salads, tomato based sauces, garnish
	Mint	Salads, lemonade, tea, potatoes, scallops, sauces & jelly, sherbet, lamb, fruit
	Oregano/Marjoram	Italian tomato sauces, barbecue sauce, soups, eggs, cheese, pork, vegetables, salad dressings
	Parsley	Tomato sauces, fish, meats & poultry, soups, stews, vegetables
	Rosemary	Lamb, pork, vegetables, chowders, cheese
	Sage	Fish, meat, poultry stuffing, chowders, soups, tomatoes
	Thyme	Stews, clam chowder, fish, meat, poultry, eggs, stuffing, bread, biscuits, lima beans, broccoli, onions

WEEK 6 KNOW YOUR HERBS

Selection: Herbs contain oils that give them their flavor and smell. These oils are delicate and can easily escape from the plant once picked. Handle herbs gently and never stack them so they won't be damaged. Herbs should look fresh and clean, be free of disease, not discolored or damaged.

Storage: For the best flavor, Herbs should be used the same day they are bought. If you must store them for a few hours, keep them in the refrigerator in an open plastic bag. When you are ready to use them, wash the herbs gently under cool (not cold) water and pat dry between paper towels. Herbs can also be frozen. Chop herbs and place them in ice cube trays. Add water and then freeze them. These can be used for cooking.

Serving: There are no rules when cooking with herbs. Start out using small amounts of herbs and see what you like. The following ideas may help you get started:

- Do not mix two very strong herbs together. Mix one strong and one or more mild flavor for the best flavor combination.
- In general, the weaker the flavor of the food, the less seasoning needed to enhance it.
- Chop leaves very fine to release more flavor.
- Start with a little herb and add more to your liking. Some herbs are very strong and a little can go a long way.
- Herbs lose their flavor when cooked for a long time.
 - Add herbs to soups or stews about 45 minutes before completing the cooking.
 - For cold foods such as dips, cheese, vegetables and dressings, herbs should be added several hours or overnight before using.
 - For casseroles and hot sauces, add finely chopped fresh or dried herbs directly to the mixture.
- To become familiar with the specific flavor of an herb, try mixing it with margarine or butter, let it set for at least an hour, and spread on a plain cracker.
- Try herbs as a flavoring in vinegars or "butters." Use one cup of "bruised" leaves for every 2 cups of white wine vinegar. Allow to steep two weeks. Use 1 tablespoon of finely chopped fresh herbs to 1/2 cup margarine, butter, cottage cheese, low fat yogurt or cream cheese.

Adapted from Ohio State University Extension

WEEK 7 POTASSIUM RICH FOODS

Food, Standard Amount	mg
Peaches, dried, uncooked, 1/4 cup	398
Prunes, stewed, 1/2 cup	398
Milk, non-fat, 1 cup	382
Pork chop, center loin, cooked, 3 oz	382
Apricots, dried, uncooked, 1/4 cup	378
Rainbow trout, farmed, cooked, 3 oz	375
Pork loin, center rib (roasts), lean, roasted, 3 oz	371
Buttermilk, cultured, low-fat, 1 cup	370
Cantaloupe, 1/4 medium	368
1%-2% milk, 1 cup	366
Honeydew melon, 1/8 medium	365
Lentils, cooked, 1/2 cup	365
Plantains, cooked, 1/2 cup slices	358
Kidney beans, cooked, 1/2 cup	358
Orange juice, 3/4 cup	355
Split peas, cooked, 1/2 cup	355
Yogurt, plain, whole milk, 8 oz container	352

WEEK 7 POTASSIUM RICH FOODS

Food, Standard Amount	mg
Tomato sauce, 1/2 cup	405
Tomato juice, 3/4 cup	417
Spinach, cooked, 1/2 cup	419
Bananas, 1 medium	422
Cod, Pacific, cooked, 3 oz	439
Rockfish, Pacific, cooked, 3 oz	442
Soybeans, mature, cooked, 1/2 cup	443
Winter squash, cooked, 1/2 cup	448
Tuna, yellow fin, cooked, 3 oz	484
Lima beans, cooked, 1/2 cup	484
Soybeans, green, cooked, 1/2 cup	485
Halibut, cooked, 3 oz	490
Blackstrap molasses, 1 Tbsp	498
Carrot juice, 3/4 cup	517
Prune juice, 3/4 cup	530
Yogurt, plain, low-fat, 8-oz container	531
Clams, canned, 3 oz	534
Tomato puree, 1/2 cup	549
Yogurt, plain, non-fat, 8-oz container	579
White beans, canned, 1/2 cup	595
Potato, baked, flesh, 1 potato (156 g)	610
Beet greens, cooked, 1/2 cup	655
Tomato paste, 1/4 cup	664
Sweet potato, baked, 1 potato (146 g)	694

Adapted from *The 2005 Dietary Guidelines for Americans*

WEEK 11 HEALTHCARE CHECKLIST

Use this checklist to talk to your health care provider about your nutritional status and whether taking a dietary supplement(s) is right for you.

Nutrition Assessment	YES/NO
I currently take a dietary supplement(s).	
I eat fewer than 2 meals a day.	
My diet is restricted (e.g., don't eat dairy, meat, and/or fewer than 5 servings of fruits and vegetables).	
I eat alone most of the time.	
Without wanting to, I have lost or gained more than 10 pounds in the last 6 months.	
I take 3 or more prescription or OTC medicines a day.	
I have 3 or more drinks of alcohol a day.	
<i>Source: adapted from the Nutrition Screening Initiative.</i>	
General Questions About Dietary Supplement Use	YES/NO
Is taking a dietary supplement important to my total diet?	
Are there any precautions or warnings I should know about (e.g., is there an amount or "upper limit" that I should not go above)?	
Are there any known side effects (e.g., loss of appetite, nausea, headaches, etc.)?	
Are there any dietary supplements I should avoid while taking certain medicines (prescription or OTC) or other supplements?	
If I'm scheduled for elective surgery, should I discontinue use of dietary supplements? If so, when?	

Appendix 4: TIPS & TASK SHEETS **week 1**

EAT BETTER

- Place goal contract in a place where it can be seen daily.
- Make a weekly plan.
 - Write down specific action steps (mini-goals) you'll take each week.
 - Read your weekly "mini-goals" each morning; review your accomplishments at the end of the week.
 - Roll over any incomplete goals to the following week.
- Reward yourself.
 - Make your reward proportionate to the size of the achievement, and don't choose something that will counteract your success.



MOVE MORE

Good health requires that we balance what we eat with the right amount of physical activity. We should do at least 30 minutes of moderate physical activity on most days of the week.

A good physical activity program includes four types of activities:

Endurance – like walking or biking

Stretching – maintains flexibility in the muscles and joints

Strengthening – helps build muscle

Balance – helps prevent falls and keep us active

This week we would like to track the kinds of physical activity that you do, and how long you do them.

For instance, if you walk for 10 minutes to the store, you write "walk" in the activity box and "10 minutes" in the time box.

Name/ID#:								week 1
Types of Physical Activity		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activity							
	Minutes							
	Activity							
	Minutes							
	Activity							
	Minutes							
	Activity							
Minutes								

EAT BETTER

Use the information below to guide your food choices.

Remember the serving sizes are:

- 2–3 oz of cooked fish, meat or poultry
- 1/2 cup of raw or cooked vegetables
- 1 cup of leafy green vegetables
- 1 cup of yogurt or milk
- 1/2 cup of canned or cut up fruit,
1 medium size piece of fruit
- 1 slice of bread,
1/2 cup of pasta or rice



Write down the number of servings of each group you eat each day.

MOVE MORE

Not enough time to exercise?

Try adding activity to the things you already do.

- Join an exercise group, or ask friends and family to exercise with you.
- Schedule exercise when energy level is high.
- Plan ahead, find 30 minutes each day when you could exercise.
- Make a goal to learn how to exercise safely.
- Choose an activity that is easy and requires little special equipment.
- If the weather is a problem, choose an activity you can do inside.

DON'T exercise if you have:

- Unstable medical condition
- Healing injury
- Chest pain or pressure
- Trouble breathing
- Dizziness
- Nausea
- Joint pain that gets worse with exercise

This week, try to do some physical activity for 30 minutes each day.

Record the type of activity.

If you were unable to add activity to a day, write down what kept you from being active and a possible solution to overcome that barrier

Name/ID#:								week 2
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Dairy							
	Meat							
	Grains							
	Fruits							
	Vegetables							
ACTIVITY	30 min	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no
	Type							
	Barrier							
	Solution							

EAT BETTER

Try the DASH diet for good health.

Food Group	Servings	Serving Sizes
Sodium	1500mg	
Grains/ grain products	7-8/day	1 slice bread 1 oz dry cereal 1/2 cup cooked rice, pasta, or cereal
Vegetables	4-5/day	1 cup raw leafy vegetables 1/2 cup cooked vegetables 6 oz vegetable juice
Fruits	4/day	6 oz fruit juice 1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen or canned fruit
Low fat or fat free dairy	2-3/day	8 oz milk 1 cup yogurt 1 1/2 oz cheese
Meat, poultry, fish	2/day	3 oz cooked meat, poultry, fish
Nuts, seeds, dry beans	4-5/week	1/3 cup or 1 1/2 oz nuts 2 Tbsp or 1/2 oz seeds 1/2 cup cooked dry beans or peas
Fats and oils	2-3/day	1 tsp soft margarine 1 Tbsp mayonnaise 2 Tbsp salad dressing 1 tsp vegetable oil
Sweets	5/week	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 oz jelly beans 8 oz lemonade

Write down the number of servings of each group you eat each day.

MOVE MORE

Walking 30 minutes a day is a great way to add healthy amount of physical activity to your day.

You can walk 30 minutes all at once, or walk 15 minutes twice a day.

Walking has many benefits:

- Decreases risk for many diseases
- Lowers blood pressure
- Increases muscle strength, flexibility, and balance
- Helps to control weight

Are you walking at the right pace?

- If you can **sing**, you are walking too slow
- If you can **talk**, you are walking at the right speed
- If you **cannot talk** because you are out of breath, you need to slow down.

Use your step counter to track your daily steps.

Remember to wear your step counter everyday.

Write down your daily total steps, where you walked, for how long

And be sure to push the reset button after writing down daily steps.

Name/ID#:									week 3
FOODS	Food Group	Goal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Whole grain	7							
	Vegetables	5							
	Fruits	5							
	Dairy	3							
	Meat, Poultry	2							
ACTIVITY	Where								
	Time								
STEPS			# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
			<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

Following the DASH diet can help control blood sugar.

How does your Diet match up?

Try Rating your Plate:

- 1/2 your plate should be vegetables.
- 1/2 of your plate should be rice, pasta or a starchy vegetable.
- 1/2 of your plate should be fish, chicken, or lean meat.



Rate your plate for each meal of the day.

MOVE MORE

There are 1440 minutes in a day.

Use 30 of them for moderate physical activity or 60 of light physical activity every day!

If you cannot do moderate activity for 30 minutes, try light physical activity for 40-60 minutes for the same benefit.

- Complete 1/2 of your goal before mid-day.
- Don't get bored – vary the activity you do. There are lots of ways to add physical activity to your day.

Try these for variety:

- Dance around your house, or dance with family, friends, or grandchildren.
- Look for an aerobics or chair aerobics class offered in your community or on TV.
- March in place while on the phone.
- Housework like dusting and vacuuming.

This week add moderate or light physical activity to your walking routine. Write down what you added and for how long.

Remember to wear your step counter everyday. Write down your daily total steps each day. And be sure to push the reset button after writing down your daily steps.

Name/ID#:								week 4
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rate your Plate		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity							
	Time							
	Time spent walking							
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

Tips to reduce salt and sodium:

- Limit cured foods, such as bacon, ham, processed luncheon meats.
- Keep frozen entrees to a minimum.
- Avoid condiments like pickles, ketchup and mustard.
- Use fresh or frozen vegetables or low sodium canned vegetables.
- Rinse canned foods, such as tuna or vegetables to remove some sodium.
- Avoid salt substitutes.

Use only under the supervision of a healthcare professional.

Using less sodium is the key to keeping your blood pressure in check.

- DV < 5% is a low sodium food;
DV > 20% is a high sodium food.
- Use the 1 to 1 Rule, 1 mg Sodium to 1 calorie, when reading Nutrition Facts labels.



MOVE MORE

Stretching keeps joints and muscles flexible. It gives us more freedom to do daily activities. Stretching hips, legs, and lower back helps with moving around, getting up and down from the floor, bed or chair. It can also help prevent falls.

- Stretch at least 3 times per week, if not every day.
- Warm up a little before stretching by taking a short walk or pumping your arms and shoulders.
- When stretching you should feel a gentle pull, do not bounce or force a stretch.
- Do each stretching exercise 3-5 times each session. Hold the position for 20-40 seconds.
- Stretching should not cause pain, if it is painful, do not do it.

This week stretch 3 times per week, if not every day.

- Back stretch with chair
- Twist stretch
- Body extender
- Calf stretch
- Hip stretch
- Hamstring stretch (you can do this one on a chair or on the floor)

Remember to wear your step counter everyday. Write down your daily total steps each day. And be sure to push the reset button after writing down your daily steps.

Name/ID#:								week 5
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Low Sodium		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity							
	Time							
	Stretch	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

Limit sodium to 1,500mg daily.

Use the 1 to 1 Rule, 1 mg Sodium to 1 calorie, when reading Nutrition Facts labels.

Suggestions for flavoring up your food with herbs:

- Enhance food flavor; add chopped fresh herbs.
- Add garlic, oregano, and thyme while cooking.
- Add basil, cilantro, dill, mint, and parsley at the end of cooking.
- Use fruit juices or vinegars as dressings or marinades.

Don't be afraid to experiment with herbs and spices. Start out with a little, you can always add more to suit your taste.



Check a box when you use an herb or spice instead of salt.

MOVE MORE

Stretching helps us look better, feel better, and breathe easier.

Add stretching to your everyday activities.

Do's and Don'ts of good posture:

DO	DON'T
■ Stand up straight	■ Slouch or slump
■ Tuck in your chin	■ Stay in one position for too long
■ Keep head and shoulders in line	■ Believe it is too late to change
■ Check your posture in a mirror	
■ Push your head back against head rest or car seat	

This week we learned more stretching exercises. Try to do the first set of exercises on some days of the week and the second set on other days.

- Chin tuck
- Head roll
- Shoulder blade squeeze
- Corner push-up
- Arm tilt
- Breathing with arms

Write down which types of stretches you do each day.

Remember to wear your step counter everyday.

Write down your daily total steps.

And be sure to push the reset button after writing down daily steps.

Name/ID#:								week 6
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Herbs & Spices		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity							
	Time							
	Back & legs stretch	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Posture stretch	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

- When eating boxed or canned goods, choose foods with more potassium and less sodium.
- Eat potassium-rich fruits and vegetables daily.

Food Source	Mg/ serving	Serving size
Prunes	1244mg	1 cup
Sweet potato	694 mg	1 small
Beet greens	665mg	1/2 cup
Potato	610mg	2-1/3" x 4-3/4"
White beans	595 mg	1/2 cup
Prune Juice	530 mg	3/4 cup
Blackstrap molasses	498mg	1 TB
Winter squash	448 mg	1/2 cup
Lima Beans	484 mg	1/2 cup
Banana	422 mg	1-7" long
Spinach, cooked	419 mg	1/2 cup
Tomato Juice	417 mg	3/4 cup

Read food labels and remember:
 5% DV or less is a low source
 10-19% DV is a good source
 20% or more DV is excellent source

Check a box for each good or excellent source of potassium-rich food you eat.

MOVE MORE

Strength training helps keep our bones strong and makes it easier to move.

- Exercise each major muscle group 2-3 days per week. This includes shoulders, arms, back and abdomen, hips, and legs.
- Start with very little weight or resistance, and progress slowly.
- Do each exercise 10-15 times, rest a minute, then do 10-15 more.
- As it becomes easier, increase the tension on the exercise band or get a heavier band.
- Use smooth, steady movements.
- Remember to keep good posture while exercising.

Try the strength exercises we learned.

Do them 2-3 times per week:

- Theraband™ Arm curl
- Theraband™ Elbow straightening
- Theraband™ Standing/ sitting row
- Theraband™ Overhead press
- Wall push-up
- Curl-up

Check a box each time you do them.

Continue stretching, back legs and posture, 3 times per week.

Remember to wear your step counter everyday.

Write down your daily total steps.

Be sure to push the reset button after writing down daily steps.

Name/ID#:								week 7
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Potassium Rich Foods		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity							
	Time							
	Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Strength	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

Try these sources of Vitamin D

- Fortified low-fat or fat-free milk and orange juice.
- If lactose intolerant, fortified soy beverage or lactose-free milk as an alternative.
- Fortified, ready-to-eat whole grain cereals.

Serving size	Food Source	IU/ serving	% DV
3 1/2 oz	Salmon	360 IU	90%
3 oz	Tuna fish, in oil	200 IU	50%
1 cup	Orange Juice, vit D fortified	100 IU 98 IU	25%
1 cup	Milk, vit D fortified	50 IU 40 IU	25%
1/2 cup	Pudding with vit D fortified milk	20 IU	10%
3/4 to 1 cup			
cup	Ready-to-eat cereals		10%
1 egg	Egg, whole (vit D in yolk)		6%

Remember:

- 5% DV or less is a low source
- 10-19% DV is a good source
- 20% or more DV is excellent source

Check off each serving of Vitamin D-rich food you drink or eat each day.

MOVE MORE

Some strength training tips:

- Breathe out as you lift or push, breathe in as you relax.
- If you have had hip surgery, check with your healthcare professional before doing leg exercises.
- Avoid jerking or thrusting movements.
- Keep a little bend in your joints; don't lock your arms or legs.
- Some muscle soreness is normal and might last a few days; pain is not normal. If an exercise is painful, don't do it.
- If balancing is difficult, sit down or use both hands when exercising.

We learned the following exercises:

- Theraband™ Hip out to side
- Theraband™ Hip into the middle
- Theraband™ Hip pushing forward
- Lift up your hips, lying down
- Ankle rises and toe rises
- Chair squat

Add these exercises to last week's exercises; do them all 2-3 times a week.

Check a box each time you do them.

Continue stretching.

Remember to wear your step counter everyday.

Write down your daily total steps.

And be sure to push the reset button after writing down daily steps.

Name/ID#:								week 8
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Vitamin D - Rich Foods		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity							
	Time							
	Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Strength Upper	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Strength Legs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

Keep these minerals in mind when eating for bone health:

- **Phosphorus** works with calcium to build strong bones and teeth.
Sources: meat, poultry, fish, eggs, dairy, nuts, legumes, whole grains.
- **Magnesium** enhances our bone quality.
Sources: dark green leafy vegetables, potatoes, nuts, seeds, whole grains.
- **Potassium** reduces calcium losses, maintaining bone density.
Sources: fruits, vegetables, chicken, turkey, fish, milk, and yogurt
- Consume a variety of these foods to keep bones strong.



Remember to check a box for each bone-healthy food you eat.

MOVE MORE

Balance exercises can help reduce our risk for falling and make us more confident to do the things we want to do.

- To help your balance, try progressing to holding on with one hand, one fingertip, then not holding on at all.
- Always have chair close by in case you lose your balance.
- The first few times, do these exercises with someone close by to help you.

You learned a few special exercises to help your balance.

- Front leaning
- Walking figure eight
- Heel stand
- One-legged stand
- Standing on a tight rope
- High stepping

Add balance exercises 2 times per week. Check a box each time you do them. Continue stretching and strength training. Remember to wear your step counter everyday. Write down your daily total steps. And be sure to push the reset button after writing down daily steps.

Name/ID#:								week 9	
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Bone Healthy Foods		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity								
	Time								
	Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Strength Upper	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Strength Lower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Balance	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	

EAT BETTER

Here are some ways to add B12 rich foods to your diet.

- Try fortified ready-to-eat whole grain cereals for breakfast.
- Experiment with veggie-burger mixes, soy beverages, and yeast extracts.
- Add whole grain cereals to casseroles, or for breading fish.
- Use whole grain cereals in baked goods, e.g., crisp toppings, muffins and cookies.

Food Source	DV	Serving
Heart to Heart	100%	3/4 cup
All Bran	94%	1 3/4 cup
Wheaties	50%	1 cup
Raisin Bran	25%	1 cup
Grape nuts	25%	3/4 cup
Cheerios	25%	3/4 cup

Remember:

5% DV or less is a low source

10-19% DV is a good source

20% or more DV is excellent source

Check a box for each B12 rich food you eat.

MOVE MORE

Add balance to your life.

- At the grocery store, stand on one leg while holding on to the shopping cart.
- Rise up on your toes while washing dishes.
- When walking inside, place one foot directly in front of the other. Use the wall for stability.
- Get up and down from a chair without using your hands for balance.

Continue adding balance to your life; try some of the new exercises.

Check a box each time you do them.

Continue stretching and strength training.

Remember to wear your step counter everyday. Write down your daily total steps.

And be sure to push the reset button after writing down daily steps.

Name/ID#:								week 10
FOODS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Vitamin B ₁₂		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
ACTIVITY	Activity							
	Time							
	Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Strength Arms	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Strength Legs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Balance	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

EAT BETTER

Supplements should not replace food for overall health.

Use these tips to make wise decisions about supplements.

- “Natural” does not mean safe: supplements may react with your prescription or over-the-counter medications. ***Talk with your doctor before taking any supplement.***
- Spend your money wisely: Some supplements can be expensive, may not help and can even hurt you.



Watch for false claims:

- Quick and effective "cure-all"
- Can treat or cure disease
- "Totally safe", "all natural", "definitely has no side effects"
- Limited availability, "no-risk, money-back"

MOVE MORE

Doing a variety of physical activities is a good way to stay motivated, stay healthy, and keep us interested.

- Be active 30 minutes most days of the week.
- Stretch 3-5 days per week.
- Strengthen train 2-3 days per week.
- Incorporate balance activities into other daily activities.

This week we are going to do all of the activities we have learned.

Write down any barriers that you might have and any solution for overcoming them.

Remember to wear your step counter everyday.

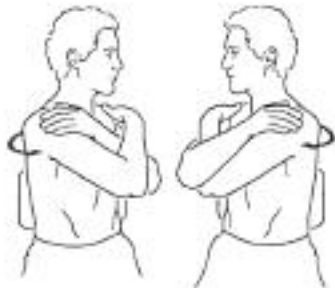
Write down your daily total steps.

And be sure to push the reset button after writing down daily steps

Name/ID#:								week 11
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACTIVITY	Activity							
	Time							
	Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Strength Upper	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Strength Lower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Balance	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	Barriers							
	Solutions							
STEPS		# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
		<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day	<input type="checkbox"/> all day

Flexibility

BACK - 37 Lumbar Rotation (Sitting)



Arms crossed, gently rotate trunk from side to side in a small, pain-free range of motion. Hold for 10 seconds on each side.

Repeat 5 times per set. Do 1 sets per session.
Do 1 sessions per day.

BACK - 17 Lower Back Stretch (Sitting)



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold 15 seconds. **DO NOT DO THIS IF YOU HAVE A HIP REPLACEMENT OR BACK PROBLEM.**

Repeat 3 times per set. Do 1 sets per session.
Do 1 sessions per day.

OSTEOPOROSIS - 5 Arm Reach

Bring arms straight up over head and back as far as possible, causing back to arch gently.



Hold for 10 seconds
Repeat 5 times.
Do 1 sessions per day.

ANKLE / FOOT - 12 Straight Leg Calf Stretch (Gastroc)

Put palms against wall, one leg forward and bent. With other leg back straight and heel flat on floor, lean into wall.



Hold 15 seconds.

Change legs and repeat.

Repeat 3 times.
Do 1 sessions per day.

HIP - 12 Best Stretch

Using a chair for balance if necessary, place one leg back, foot flat on floor, forward leg bent. Slowly shift weight to forward leg until a stretch is felt in back leg. Be sure front knee **DOES NOT** extend past toes.



Hold 10 seconds.

Change legs and repeat.

Repeat 3 times.
Do 1 sessions per day.

TOTAL KNEE - 7 Hamstring Stretch



Sitting with operated leg straight on bed, and foot of other leg on floor, lean forward toward toes of straight leg. Hold 15 seconds. Switch legs.

Repeat 3 times. Do 1 sessions per day.

Flexibility

NECK - 2 Axial Extension

Gently pull chin in while lengthening back of neck.

Hold 15 seconds.

Repeat 3 times.
Do 1 sessions per day.



POSTURE - 8 Two-Sided Arm Tilt

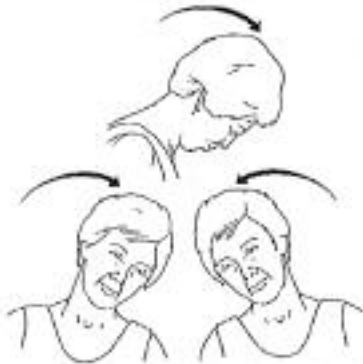
Relax upper body and slowly slide arm toward floor.

Repeat exercise to other side.

Repeat 10 times.
Do 1 sessions per day.



POSTURE - 3 Head Move



Bend head forward. Return. Now bend head to right, then left. Back to center. Relax.

Repeat 10 times. Do 1 sessions per day.

POSTURE - 7 Shoulder Blade Squeeze

Rotate shoulders back, then squeeze shoulder blades together.

Repeat 10 times.
Do 1 sessions per day.



POSTURE - 11 Using Breaths to Raise the Rib Cage

Inhale while sweeping arms up, raising rib cage and extending spine. Exhale while returning. Keep motion continuous up and down.

Repeat 10 times.
Do 1 sessions per day.

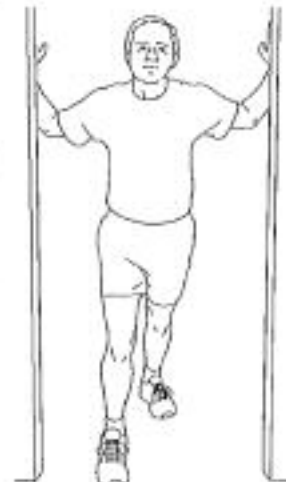


NECK - 17 Pectoral Stretch

With arms behind doorjamb, gently lean forward. Stretch is felt across chest.

Hold 15 seconds.

Repeat 3 times.
Do 1 sessions per day.



Resistance

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per week.



TRICEPS - 9 Elbow Extension: Sitting

Face away from anchor, arms up, bent to 90°, palms in. Extend arms forward, rotating to palms forward.

Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per week.

Anchor Height: Over Head



MID BACK - 3 High Row: Standing

Face anchor, feet shoulder width apart. Palms down, pull arms back, squeezing shoulder blades together.

Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per week.

Anchor Height: Chest



SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head.

Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per week.



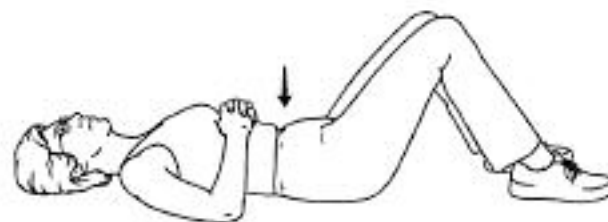
UPPER EXTREMITY - 2 Wall Push-Up

With feet and hands shoulder-width apart, lean into wall, then push away from wall.

Repeat 10 times
or for _____ minutes.
Do 1 sessions per day.



BACK - 3 Pelvic Tilt (Flexion)



With feet flat and knees bent, flatten lower back into bed. Tighten stomach muscles. Hold 5 seconds.
Repeat 10 times. Do 1 sessions per day.

Resistance standing with band

HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around right leg, other side toward anchor, extend leg out from side. Repeat with other leg.



Repeat 15 times per set. Do 1 sets per session. Do 1 sessions per day.

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around right ankle, face anchor and pull leg straight back. Repeat with other leg.



Repeat 15 times per set. Do 1 sets per session. Do 1 sessions per day.

HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around right ankle, anchor behind, bring leg forward, keeping knee straight. Repeat with other leg.



Repeat 15 times per set. Do 1 sets per session. Do 1 sessions per day.

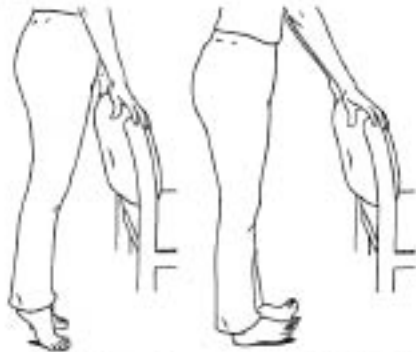
KNEE - 2 Knee Bend

Holding a chair for balance, slowly bend knees. Keep both feet on the floor.



Repeat 20 times. Do 1 sessions per day.

ANKLE / FOOT - 7 Toe-Up
(Ankle Plantar Flexion and Dorsiflexion)



Holding a stable object, rise up on toes. Hold 3 seconds. Then rock back on heels and hold 3 seconds. Repeat 15 times. Do 1 sessions per day.

HIP - 16 Bridging



Lie on back with feet shoulder width apart. Lift hips toward the ceiling. Hold 5 seconds. Repeat 20 times. Do 1 sessions per day.

Resistance standing without band

GAIT - 4 Side Leg Kick

Kick one leg out to side.
Bring back to center.

Repeat with other leg.



Repeat 15 times.
Do 1 sessions per day.

HIP - 8 Hip Backward Kick

Using a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward.

Repeat with other leg.



Repeat 15 times.
Do 1 sessions per day.

HIP - 10 "I love a Parade" Lift

Using a chair if necessary, march in place 4 times in each phase:

- (1) Foot raised 6"
- (2) 12"
- (3) 18"
- (4) as high as you can.



Repeat 15 times.
Do 1 sessions per day.

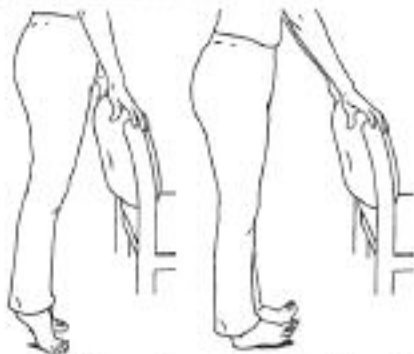
KNEE - 2 Knee Bend

Holding a chair for balance, slowly bend knees. Keep both feet on the floor.



Repeat 15 times.
Do 1 sessions per day.

ANKLE / FOOT - 7 Toe-Up
(Ankle Plantar Flexion and Dorsiflexion)



Holding a stable object, rise up on toes. Hold 5 seconds.
Then rock back on heels and hold 5 seconds.

Repeat 15 times. Do 1 sessions per day.

HIP - 16 Bridging



Lie on back with feet shoulder width apart. Lift hips toward the ceiling. Hold 3 seconds.

Repeat 20 times. Do 1 sessions per day.

Resistance seated

HIP - 3 Legs Apart

Sitting straight, move legs widely apart, then together again.



Repeat ____ times.
Do ____ sessions per day.

SITTING TO STANDING - 5 Chair Push-Up

With hands pushing down on armrests, lean forward and try to lift buttocks. Return to sitting position.



Repeat ____ times.
Do ____ sessions per day.

SITTING - 6 Knee Raise

Lift knee and then lower it.
Repeat with other knee.



Repeat ____ times.
Do ____ sessions per day.

SITTING - 5 Sitting Quad Set

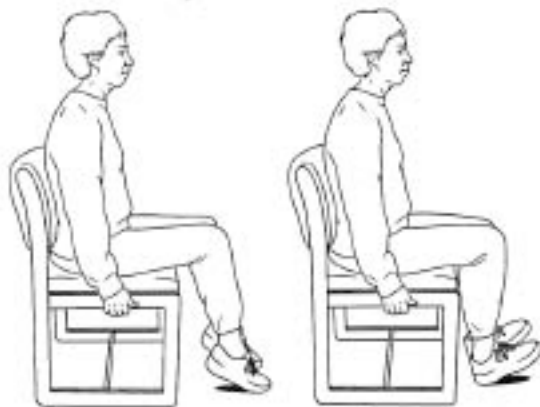
Tighten muscle in top of thigh and straighten out knee. Hold ____ seconds while counting out loud. Keep thigh on chair.



Repeat with other leg.

Repeat ____ times.
Do ____ sessions per day.

SITTING - 11 Toe Up



Gently rise up on toes and back on heels.
Repeat ____ times. Do ____ sessions per day.

HIP - 16 Bridging



Lie on back with feet shoulder width apart. Lift hips toward the ceiling. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

Balance

BALANCE - 2 Front Lean

Bring body weight forward as far as possible. Try to maintain balance without using support.



Repeat 10 times.
Do 1 sessions per day.

BALANCE - 17 Walking Figure Eight

Practice walking in figure eight. Start with large figures. Make it more difficult by walking in a smaller figure eight.



Repeat 3 times. Do 1 sessions per day.

BALANCE - 8 Heel Stand

Using support, stand on heels 5 seconds or as long as possible.



Repeat 10 times.
Do 1 sessions per day.

BALANCE - 5 One-Legged Stand

Standing on one leg, try to maintain balance 10-15 seconds or as long as possible without support.



Repeat on other leg.

Repeat 3 times.
Do 1 sessions per day.

STANDING BALANCE - 4 Tandem Stance

Right foot in front of left, heel touching toe both feet "straight ahead". Stand on Foot Triangle of Support with both feet. Balance in this position 30 seconds.



Do with left foot in front of right.

BALANCE - 15 High Stepping

Using support, lift knees, taking high steps.



Repeat 10 times.
Do 1 sessions per day.

Appendix 5:

ONLINE RESOURCES FOR WEEKLY SESSIONS

Chapter 1

NIH Senior Health. <http://nihseniorhealth.gov/exercise/toc.html>

Exercise: A Guide from the National Institute on Aging.

<http://www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf>

Exercise: Getting fit for life. <http://www.niapublications.org/agepages/exercise.asp>

Exercise for the elderly. <http://familydoctor.org/754.xml>

For the young at heart: Exercise Tips for Seniors.

<http://www.apta.org/AM/Template.cfm?Section=Home&CONTENTID=20451&TEMPLATE=/CM/HTMLDisplay.cfm>

American Geriatrics Society: Aging in the know.

http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=11

Chapter 2

www.MyPyramid.gov Official site of MyPyramid with tools and resources designed for consumers and health professionals.

www.5aday.gov Information on fruits and vegetables in relationship to their color group, recipes, and other resource materials.

www.5aday.org 5aday the Color way focusing on fruits and vegetables in relationship to their color group. Contains recipes, and other resource materials.

www.3aday.org Recipes and Resources on dairy foods.

Barriers to being active quiz. http://www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf

CDC – Barriers to physical activity. <http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>

Progress in Prevention – Barriers to physical activity. <http://www.cflri.ca/pdf/e/pip04.pdf>

MOVE! Barriers to physical activity.

<http://www.va.gov/move/download/NewHandouts/PhysicalActivity/P01.BarriersToPhysicalActivity.pdf>

Chapter 3

The DASH Eating Plan. National Heart, Blood and Lung Institute.

2003. Available at:

www.nhlbi.nih.gov/health/public/heart/hbp/dash/. Accessed January 18, 2006.

Appendix A: Eating Patterns. Appendix A-1 DASH Eating Plan. In: *Dietary Guidelines for Americans 2005*. Washington, DC: U.S. Government Printing Office; 2005: 51-52.

Hypertension in Diabetes. *Diabetes and Cardiovascular Disease Review*. 2005; 2: 1-4.

Blood Pressure. American Heart Association. 2005. Available at:

<http://www.americanheart.org/presenter.jhtml?identifier=4473>. Accessed February 3, 2006.

Active Living Tips for Older Adults http://www.alcoa.ca/research_u_docs/2001_05may_en_tips.pdf

ONLINE RESOURCES FOR WEEKLY SESSIONS

The Ramblers. <http://www.ramblers.org.uk/INFO/everyone/health.html>

AARP Step up to Better Health

<http://aarp.stepuptobetterhealth.com/default.asp>

AARP: Get fit on Route 66

<http://aarp.getfitonroute66.com/>

Week 4

American Diabetes Association. 2006. Available at: www.diabetes.org. Accessed January 20, 2006.

Rate your plate. American Diabetes Association Learning Center. 2006. Available at:

http://www.diabetes.org/all-about-diabetes/chan_eng/i3/i3p4.htm. Accessed January 20, 2006.

Physical Activity for Everyone: Measuring Physical Activity Intensity: What are some examples of activities and their intensity levels? <http://www.cdc.gov/nccdphp/dnpa/physical/measuring/examples.htm>

Do what you enjoy: Find the activity that fits your personality.

<http://vanderbiltowc.wellspring.com/dh/content.asp?ID=350>

Week 5

Flavor: A Matter of Taste. American Dietetic Association. 2004. Available at:

www.eatright.org/ada/files/dashfinal.pdf. Accessed January 18, 2006.

How to Understand and Use the Nutrition Facts Label. U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition. 2004. Available at: www.cfsan.fda.gov/~dms/foodlab.html. Accessed January 18, 2006.

American Heart Association. 2005. Available at: www.americanheart.org. Accessed January 18, 2006.

High blood pressure fact sheet. National Center for Chronic Disease Prevention and Health Promotion. 2005. Available at: www.cdc.gov/cvh/library/fs_bloodpressure.htm. Accessed January 18, 2006.

National Heart, Lung, and Blood Institute. 2006. Available at: www.nhlbi.nih.gov/. Accessed January 18, 2006.

Chapter 8, Sodium and Potassium. In. Dietary Guidelines for Americans 2005. . Washington, DC: U.S. Government Printing Office; 2005: 39-42. Available at:

www.health.gov/dietaryguidelines/dga2005/document/html/chapter8.htm

NIH Senior Health. Stretching exercises. <http://nihseniorhealth.gov/exercise/stretchingexercises/01.html>

Week 6

Test your food label knowledge. U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition. 2002. Available at: www.cfsan.fda.gov/~dms/flquiz2.html. Accessed January 18, 2006.

National Heart, Lung, and Blood Institute. 2006. Available at: www.nhlbi.nih.gov/. Accessed January 18, 2006.

American Heart Association. 2005. Available at: www.americanheart.org. Accessed January 18, 2006.

High blood pressure fact sheet. National Center for Chronic Disease Prevention and Health Promotion. 2005. Available at: www.cdc.gov/cvh/library/fs_bloodpressure.htm. Accessed January 18, 2006.

ONLINE RESOURCES FOR WEEKLY SESSIONS

Chapter 8, Sodium and Potassium. In. *Dietary Guidelines for Americans 2005*. Washington, DC: U.S. Government Printing Office; 2005: 39-42. Available at:
www.health.gov/dietaryguidelines/dga2005/document/html/chapter8.htm

NIH Senior Health. Stretching exercises. <http://nihseniorhealth.gov/exercise/stretchingexercises/01.html>

Growing Stronger: Strength training for Older Adults.
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm

Week 7

Potassium in diet. Medline Plus Medical Encyclopedia. 2004. Available at:
www.nlm.nih.gov/medlineplus/ency/article/002413.htm. Accessed January 17, 2006.

Appendix B-1. Food Sources of Potassium. In: *Dietary Guidelines for Americans 2005*. Washington, DC: U.S. Government Printing Office; 2005: 56. Available at:
www.health.gov/dietaryguidelines/dga2005/document/html/appendixB.htm

Chapter 8, Sodium and Potassium. In. *Dietary Guidelines for Americans 2005*. . Washington, DC: U.S. Government Printing Office; 2005: 39-42. Available at:
www.health.gov/dietaryguidelines/dga2005/document/html/chapter8.htm

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Week 8

Dietary supplement fact sheet: Vitamin D. National Institute of Health: office of dietary supplements. 2004. Available at: ods.od.nih.gov/factsheets/vitamind.asp#h2. Accessed January 13, 2006.

Chapter 2: Adequate nutrients with calorie needs. In: *Dietary guidelines for Americans 2005*. Washington, DC: U.S. Government Printing Office;2005. 5-12. Available at:
www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm

Holick MF. Soaking up the D's. Nutrition Action Healthletter. December 2003: 3-6.

USDA nutrient database for standard reference, release 18. U.S. Department of agriculture: agricultural research service. 2006. Available at: www.nal.usda.gov/fnic/foodcomp/search/. Accessed January 13, 2006.

Prevention falls and fractures. NIH Center for Osteoporosis and other Bone Diseases
http://www.niams.nih.gov/bone/hi/prevent_falls.pdf

http://www.health.state.ri.us/publications/phb_8303.php

Week 9

Other nutrients and bone health at a glance. National Institutes of Health Osteoporosis and Related Bone Diseases~ National Resource Center. 2004. Available at: www.osteolinks.org. Accessed January 17, 2006.

Bingo sheet generator. <http://saksena.net/partygames/bingo/>

NIH Senior Health: Balance Exercises. <http://nihseniorhealth.gov/exercise/balanceexercises/01.html>

NCPAD First Steps to Active Health: Balance and Flexibility Exercises
http://www.ncpad.org/exercise/fact_sheet.php?sheet=144§ion=1104

ONLINE RESOURCES FOR WEEKLY SESSIONS

APTA. What you need to know about Balance and Falls.

<http://www.apta.org/AM/Images/APTAIMAGES/ContentImages/ptandbody/balance/BalanceFall.pdf>

Week 10

Dietary supplement fact sheet: Vitamin B-12. National Institute of Health: office of dietary supplements. 2004. Available at: ods.od.nih.gov/factsheets/vitaminb12.asp#h12. Accessed January 17, 2006.

Chapter 2: Adequate nutrients with calorie needs. In: *Dietary guidelines for Americans 2005*. Washington, DC: U.S. Government Printing Office; 2005. 5-12. Available at:

www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm

NIH Senior Health: Balance Exercises. <http://nihseniorhealth.gov/exercise/balanceexercises/01.html>

NCPAD First Steps to Active Health: Balance and Flexibility Exercises

http://www.ncpad.org/exercise/fact_sheet.php?sheet=144§ion=1104

Week 11

AARP Getting Motivated

http://www.aarp.org/health/fitness/get_motivated/a_little_help_from_your_friends.html

Psychology Today: Your New Year's Resolution <http://www.psychologytoday.com/articles/PTO-20030204-000005.html>

AARP: Cross Training http://www.aarp.org/health/fitness/work_out/Articles/a2003-03-07-crosstrain.html

Week 12

50 Plus Lifelong Fitness. <http://www.50plus.org/>

APTA: For the Young at Heart: Exercise Tips for Seniors

<http://www.apta.org/AM/Images/APTAIMAGES/ContentImages/ptandbody/youngatheart/YoungAtHeart.pdf>

AARP Start a Walking Group

<http://www.aarp.org/health/fitness/walking/a2004-01-26-startuingwalkinggroup.html>

AARP More than You Expect <http://www.aarp.org/health-active/Articles/a2003-03-07-training.html>

Ageing Blueprint: Physically Active Role Models

<http://www.ageingblueprint.org/roleModels.cfm>

WEEKLY & GENERAL RESOURCES

GENERAL RESOURCES

- www.aoa.gov/youcan** information about the *You Can! Steps to Healthier Aging* campaign.
- HealthierUS.gov** *Steps to a HealthierUS*; USDHHS; advances President's goal of helping Americans live longer, better, healthier lives.
- Fitness.gov** President's Council on Physical Fitness and Sports; fitness promotion activities; comprehensive resource for Council's awards programs.
- Nutrition.gov** Information on nutrition, healthy eating, food safety; helps the public make the right choices in efforts to curb obesity and other food related diseases.
- Prevent.org** Partnership for Prevention; creating communities for active aging; guide to promote walking, biking; descriptions of programs, evaluation methods.
- Healthyaging.net** Healthy Aging(r) Campaign by Educational Television Network, Inc; opportunities to help spread the word about successful aging; tips, techniques.
- NCPAD.org** National Center on Physical Activity & Disability; Information, resources to enable people with disabilities to be active.
- 50plus.org** Fifty-Plus Fitness Assoc; Stanford University; newsletter, books, vIDeos, "fun runs."
- RWJF.org/publications/publicationsPdfs/Age50_Blueprint_singlepages.pdf** National Blueprint on Physical Activity Among Adults Age 50 and Older.
- Healthfinder.gov** Links to 1700+ health-related government agencies & not-for-profits; many online checkups; daily health news in English, Spanish.
- Recreation.gov** Land management agency information about all federal recreation areas by state, recreational activity, agency, map.
- 4woman.gov** National Women's Health Information Center; gateway to women's health information by federal, private agencies; over 800 topics.
- cdc.gov/nccdphp/dnpa/about.htm** National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity.
- americaonthemove.org/** America on the Move; increase physical activity and improve health—without changing much of what you do every day
- ICAA.cc/** International Council on Active Aging; uniting professionals in retirement, assisted living, fitness, rehabilitation, and wellness fields.
- ACSM.org/health%2Bfitness/activeaging.htm** American College of Sports Medicine's Active Aging Partnership and the Strategic Health Initiative on Aging.
- ACSM-msse.org/** Click on Position Stands; go to July 1998; ACSM Position Stand on Exercise and Physical Activity for Older Adults. *Med Sci Sports Exerc.* 1998;30:992-1008.
- www.cc.nih.gov/cc/supplements/** NIH Facts about dietary supplements
- www.fda.gov/opacom/lowlit/eatage.html** FDA Q & A. barriers to eating better & solutions.

FOR OLDER ADULTS:

- www.nihseniorhealth.gov/exercise/toc.html** National Inst on Aging; Exercise for Older Adults.
- healthandage.com** Novartis Foundation for Gerontology, "Tools" are interactive calculators.
- www.cdc.gov/nccdphp/exemplary/index.htm** Exemplary State Programs to Prevent Chronic Disease and Promote Health, Winter 2000.
- who.int/hpr/ageing/publications.htm#Active%20** Ageing World Health Organization access to Active Aging publications.

Appendix 6:

PROBLEM SOLVING AND OVERCOMING BARRIERS

Program participants may face a number of problems and barriers as they try to *Eat Better & Move More*. What follows are some possible responses that program leaders can use to meet these concerns.

• Getting Started

Start with goals that you are sure you can do and that are easy to manage. You may also want to try some of these tips to help you plan for action:

- Decide to join a community program.
- Tell your family and friends about your plans to *Eat Better & Move More*.
- Post your Tips & Tasks each week where you'll see them often.
- Plan a time early in your day to *Eat Better & Move More*.
- Mark your calendar for the days your walking club meets and check it daily.
- Plan ahead what you'll do to *Eat Better & Move More* based on this week's Tips & Tasks Sheet.
- Remind yourself that it's worth a little effort. You'll feel less tired and have more energy.
- Join a group activity or class in your local area.
- Give yourself credit by recording your progress.
- Ask a buddy to join you on your walks or to call to remind you to eat better.

What else can help you plan for action? It may be a simple matter of adding one or two of your preferred fruits and vegetables to the shopping list. Or try keeping a pair of walking shoes on hand.

• Finding the Time

If finding the time is a special challenge for you, you're not alone. It may help to think of some ways that you can squeeze some time into your busy schedule. Try writing down the ways you spent time yesterday and noting how you can make some small changes to find a little time to *Eat Better & Move More*. Start by setting aside 10 minutes that you can dedicate to reach a nutrition or physical activity goal. If you like to socialize, consider sharing a fruit snack or a walk with a friend. If you participate in activities in your community, religious community or a senior center, consider joining their walking, hiking, or dancing programs and discussions about nutrition.

• Slip Ups

Another frequent problem is how to address slip-ups. Just as in other areas of life, slip-ups are expected because to "err is human." Accepting slip-ups as expected may make it easier to get back on track. It may help to remind yourself that today is an opportunity to begin anew.

• Stress

Stress can be a trigger for getting off track in reaching nutrition and physical activity goals. Learn to handle stress by becoming aware of those things that cause you stress and by practicing time management skills and relaxation techniques. Try listing the things that cause you the most stress, then identify those things you can change. For example, you might locate services to help you take care of a parent or older relative such as an adult day center in your community. Make time to relax for 15 minutes or more a day, for example, by taking a walk.

• Making a plan for improving food choices

Small actions make a difference when improving food choices. It will help to think ahead. Make one change at a time and pick which meal or time of day you'll make this change. You may want to ask a friend to discuss your progress.

PROBLEM SOLVING AND OVERCOMING BARRIERS

Also, it's important to think ahead about how you make good on your dietary goals. How will you handle food shopping, eating out, and snacking? For instance, think ahead about foods you want to keep on hand and add them to your shopping list.

• Making a plan for increasing physical activity

The physical activity tips cover a range of topics that older Americans often ask about when planning to boost their physical activity.

You're never too old to be more physically active

Physical activity isn't just for older adults in the younger age range. Research shows that physical activity can improve the health of people who are 90 years and older, who are frail, and have ailments. Studies show that **not** being physically active is risky. Pick a type of activity you enjoy and the time of day. Consider whether you want company and find places to be active in all kinds of weather. Walking is a safe way to increase your physical activity. Wear a step counter to track your steps each day.

Is it safe to become more physically active?

Most older adults can improve their health and independence through physical activity no matter their age or condition. According to the National Institute on Aging, research shows that exercise can improve some chronic ailments in many older persons as long as it is done when the condition is under control.

When is a medical evaluation needed?

Most adults do not need to see their health care provider before starting to walk more. However, if you are planning to start a vigorous activity plan and have one or more of the conditions below, consult your health care provider:

- Chronic health problem such as heart disease, hypertension, diabetes, osteoporosis, or obesity,
- High risk for heart disease,
- Over age 40 for men or 50 for women.

Chronic conditions are common in older adults. These include diabetes, heart disease, high blood pressure, and arthritis. According to the Centers for Disease Control and Prevention, experts advise that people with chronic diseases, such as a heart condition, arthritis, diabetes, or high blood pressure, should talk to their doctor about the types and amounts of physical activity. If you have symptoms that could be due to a chronic disease, you should have them assessed, whether you are active or not. Symptoms of particular importance include chest pain, loss of balance, dizziness, or passing out.

Four ways to be more physically active

Four types of activities can help older adults gain health benefits:

1. Endurance exercises that increase your breathing and heart rate.
2. Strength exercises that build your muscles and give you strength to do things on your own.
3. Balance exercises help prevent falls.
4. Flexibility exercises help keep your body limber.

The booklet *Exercise: A Guide from the National Institute on Aging* contains information about these four types of activity. See the Resource List for more information.

Choose physical activities that you enjoy

Choose a physical activity that you enjoy. Take a walk, hike, dance, bike, or swim as just a few options. You don't have to choose a grueling routine. Being more physically active can mean fun, family, and friends. Walk with a neighbor, child, spouse, or friend if you like company. Or go with a group at a local recreation center, senior center, mall, or park to make it a social event.

PROBLEM SOLVING AND OVERCOMING BARRIERS

How to keep going

Record and notice your progress. Don't get discouraged if progress is slight. Progress is multiplied many times over as you make small changes each day.

There may be times when you need extra motivation. Leveling-off periods are normal and may signal that it's time to get help from others.

Look back at the tips on planning ahead and see if you're ready to make new ways to help you succeed. Talk with family, friends, nutrition program volunteers, and health experts about problems you're having and seek advice and support.

Remember how good you've felt when you've met your goals in the past. Affirm that it's worth a little effort. You'll feel less tired and more energetic when you eat better.

Renew your commitment to get to the Older Americans Act Nutrition Program near you as often as possible as a way to help you *Eat Better & Move More*.



PROBLEM SOLVING & OVERCOMING BARRIERS

Program participants may face a number of problems and barriers as they try to *Eat Better & Move More*. What follows are some possible responses that program leaders can use to meet these concerns.

GETTING STARTED

Start with goals that you are sure you can do and that are easy to manage. You may also want to try some of these tips to help you plan for action:

- Decide to join a community program;
- Tell your family and friends about your plans to *Eat Better & Move More*;
- Post your Tips & Tasks each week where you'll see them often;
- Plan a time early in your day to *Eat Better & Move More*;
- Mark your calendar for the days your walking club meets and check it daily;
- Plan ahead what you'll do to *Eat Better & Move More* based on this week's Tips & Tasks Sheet;
- Remind yourself that it's worth a little effort. You'll feel less tired and have more energy;
- Join a group activity or class in your local area;
- Give yourself credit by recording your progress;
- Ask a buddy to join you on your walks or to call to remind you to eat better.

What else can help you plan for action? It may be a simple matter of adding one or two of your preferred fruits and vegetables to the shopping list. Or try keeping a pair of walking shoes on hand.

FINDING THE TIME

If finding the time is a special challenge for you, you're not alone. It may help to think of some ways that you can squeeze some time into your busy schedule. Try writing down the ways you spent time yesterday and noting how you can make some small changes to find a little time to *Eat Better & Move More*. Start by setting aside 10 minutes that you can dedicate to reach a nutrition or physical activity goal. If you like to socialize, consider sharing a fruit snack or a walk with a friend. If you participate in activities in your community, religious community or a senior center, consider joining their walking, hiking, or dancing programs and discussions about nutrition.

SLIP UPS

Another frequent problem is how to address slip-ups. Just as in other areas of life, slip-ups are expected because to "err is human." Accepting slip-ups as expected may make it easier to get back on track. It may help to remind yourself that today is an opportunity to begin anew.

STRESS

Stress can be a trigger for getting off track in reaching nutrition and physical activity goals. Learn to handle stress by becoming aware of those things that cause you stress and by practicing time management skills and relaxation techniques. Try listing the things that cause you the most stress, then identify those things you can change. For example, you might locate services to help you take care of a parent or older relative such as an adult day center in your community. Make time to relax for 15 minutes or more a day, for example, by taking a walk.

MAKING A PLAN FOR IMPROVING FOOD CHOICES

Small actions make a difference when improving food choices. It will help to think ahead. Make one change at a time and pick which meal or time of day you'll make this change. You may want to ask a friend to discuss your progress.

Also, it's important to think ahead about how you make good on your dietary goals. How will you handle food shopping, eating out, and snacking? For instance, think ahead about foods you want to keep on hand and add them to your shopping list.

MAKING A PLAN FOR INCREASING PHYSICAL ACTIVITY

The physical activity tips cover a range of topics that older Americans often ask about when planning to boost their physical activity.

You're never too old to be more physically active.

Physical activity isn't just for older adults in the younger age range. Research shows that physical activity can improve the health of people who are 90 years and older, who are frail, and have ailments. Studies show that *not* being physically active is risky. Pick a type of activity you enjoy and the time of day. Consider whether you want company and find places to be active in all kinds of weather. Walking is a safe way to increase your physical activity. Wear a step counter to track your steps each day.

Is it safe to become more physically active?

Most older adults can improve their health and independence through physical activity no matter their age or condition. According to the National Institute on Aging, research shows that exercise can improve some chronic ailments in many older persons as long as it is done when the condition is under control.

When do I need to see a doctor?

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