United States Department of Agriculture

Eat Smart, Live Strong

Nutrition Education for Older Adults

Challenges and Solutions

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

Session 2

Session 2
Welcome!

Welcome to *Eat Smart, Live Strong*. This is one of four fun, social, and interactive sessions. The *Eat Smart, Live Strong* sessions are designed to help older adults adopt two behaviors that may improve their health and overall well-being. The two behaviors are:

1. **Eat at least 3½ cups of fruits and vegetables every day (1½ cups of fruit and 2 cups of vegetables)**
2. **Participate in at least 30 minutes of moderate-intensity physical activity most days**

Each session guide includes a handout that describes four exercises. With an extra 10 minutes before and after each session, you may lead participants in these exercises as a "warm-up" and a "cool-down."

The four sessions in this kit are:

Session 1 Reach Your Goals, Step by Step

Session 2 Challenges and Solutions

Session 3 Colorful and Classic Favorites

Session 4 Eat Smart, Spend Less

Each session is designed to address specific ways to help participants adopt the behaviors. **To learn more about the behaviors, please see the *Eat Smart, Live Strong* Leader's Guide.**

You can use the session guides "as is" or tailor them to meet your group's needs. Refer to the Leader's Guide for tips on adjusting the session to meet the needs of your audience. The sessions are designed to flow nicely together, each session further reinforcing the key behavioral messages. However, you can use the sessions as stand-alone pieces if you do not have the opportunity to provide all four.

Enjoy!

The sessions are meant to be fun for you – the group leader – and for the participants.

Challenges and Solutions

Objectives for Session 2

Participants will be able to:

- Name three solutions for overcoming challenges that may prevent them from eating at least $1\frac{1}{2}$ cups of fruits and 2 cups of vegetables every day.
- Name three solutions for overcoming challenges that may prevent them from participating in at least 30 minutes of physical activity most days.
- Describe how they will use the ***Eat Smart, Live Strong*** *"Smart" Card* to start a conversation with their health providers about the value of the two behaviors.

Session Overview

- Participants have a chance to practice four simple exercises in an optional 10-minute physical activity "warm-up."
- In the session:
  - The group reviews the two behaviors and their benefits.
  - Participants report on progress toward their goals.
  - Playing a word game, participants identify and discuss solutions that may help them overcome challenges to the two behaviors.
  - Participants make a commitment to take at least one step to overcome a challenge.
  - Participants take home a *"Smart" Card* to help start a conversation with their health providers.
- Participants repeat the same four simple exercises in an optional 10-minute physical activity "cool-down." They take home a sheet that visually depicts the exercises so they can do them at home.

How the Session Encourages Behavior

- **Skills and self-confidence:** When people discuss ways to overcome challenges, they see that they have greater confidence in their ability to eat more fruits and vegetables and be more physically active.
- **Health provider support:** "Doctor's orders" are a powerful motivator for many people, especially for older adults. The *"Smart" Card* may help a nurse or doctor remember to emphasize the value of eating fruits and vegetables and of participating in physical activity.
- **Peer support:** Knowing that others in the group are also trying to overcome challenges and adopt new behaviors may inspire participants to keep trying. Participants have a chance to see people like themselves succeed.

Materials

- Pens or pencils for all participants
- A place to write so all can see:
  - large sheets of paper (flip chart pages), masking tape, and markers; or
  - chalk board and chalk; or
  - white board and erasable markers
- Handouts:
  - Handout 2a: Set Your Goals
  - Handout 2b: Session 2 Exercises
  - Handout 2c: My Commitment
  - Handout 2d: "Smart" Card
  - Handout 2e: Participant Feedback Sheet

Session 2

Set Your Goals

Recommended Goals

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

My Personal Goals

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

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

My Weekly Log

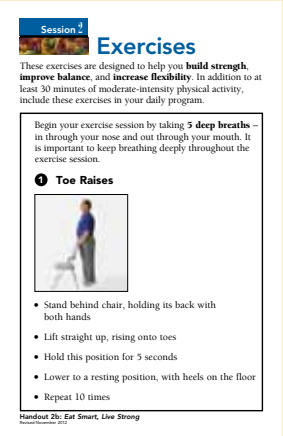
In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

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

Handout 2a: Eat Smart, Live Strong

Revised November 2012

Preparation



Session 2

Exercises

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

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

1 Toe Raises

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

Handout 2b: Eat Smart, Live Strong
Revised November 2012

Session 2

"Smart" Card

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

Fruits and Vegetables

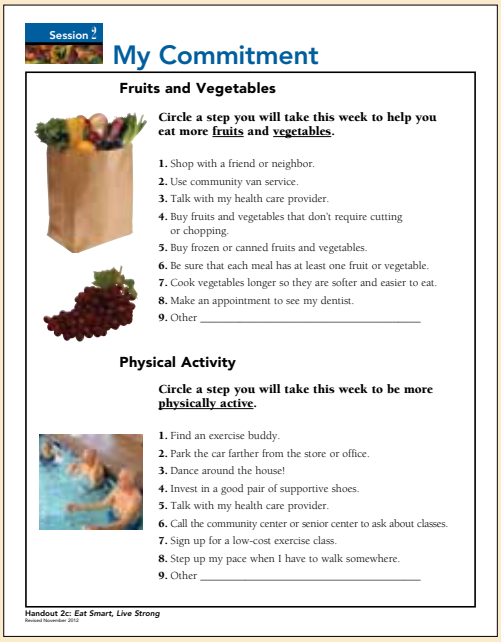
I am making an effort to eat at least 3½ cups of fruits and vegetables every day.
I have several questions for you:

1. How would I benefit from eating at least 3½ cups of fruits and vegetables every day?
2. Are there any fruits or vegetables that I should avoid? Which ones?

Turn Over

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

- Become familiar with the challenges and solutions listed in the Word Game, *Finding Your Solution* answers so that you can guide participants' discussions (pages 16–17).
- Select four to six clues from the word game *Finding Your Solution* (pages 18–19).
- Prepare the partially completed clues on a large sheet of paper and post where all can see.



Session 2

My Commitment

Fruits and Vegetables

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

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

Physical Activity

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

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

Handout 2c: Eat Smart, Live Strong
Revised November 2012

- Tailor Handout 2a, *Set Your Goals*. Make a blank "master" photocopy. On this master, fill in the dates for the current or upcoming week before you make copies for participants.
- Make copies of Handouts 2a, 2b, 2c, 2d, and 2e, one for each participant.
- Organize room so participants sit in a semicircle. If you do the physical activity segments, use straight-back, firm chairs arranged in a semicircle at least 2 feet apart.

Optional Physical Activity Warm-Up

In addition to talking about the value of physical activity, you have the option of leading participants through several simple exercises at the beginning and end of each session.

- Add 10 minutes for each optional "warm-up" and "cool-down" exercise session; they feature the same set of exercises and the same handout is used for both.
- Handout 2b has all of the instructions needed to lead Session 2 exercises.
- Participants will have a chance to try the same movements twice.
- This repetition, along with the handout, will give participants the skills, self-confidence, and tools to do these exercises on their own at home.
- Most group leaders will find the exercises simple to lead.
- You do not need to be a skilled exercise instructor to lead these exercises, but you may want to try them out ahead of time so you will be comfortable demonstrating them.
- Keep in mind that you do not have to use all of the exercises presented in this session. You may want to tailor the physical activities to meet the needs of each group.

Exercises

Toe Raises

Side Leg Raises

Wall Push-Ups

Abdominal Crunches

- Explain that these exercises can improve strength, balance, and flexibility.
- Assure participants that most will find these four simple exercises easy to do and many will be familiar with the exercises.
- Let them know that if they do not feel comfortable or have a physical condition that prevents them from doing any or all of the exercises, it is OKAY to sit them out; if they feel pain, discomfort, or fatigue while exercising, they should not hesitate to stop or take a break; and, if they need assistance, they should let you know right away.
- Pass out Handout 2b, *Session 2 Exercises* and ask participants to take a look at it.
- State the four exercises on the handout:
  - Toe Raises
  - Side Leg Raises
  - Wall Push-Ups
  - Abdominal Crunches
- Lead Session 2 Exercises 1-4, using Handout 2b and directing participants to look at the pictures.
- Demonstrate the exercises, make sure participants can see you, giving a few, simple verbal instructions. Have participants follow along as you repeat each exercise.
- Check whether the group is doing each exercise correctly and help those who appear to need additional instruction.
- Be sure to encourage and give positive feedback to participants as they try the exercises.

Tip! Tailoring the Exercises

Keep in mind that you do not have to teach all of the exercises presented in this session. For more ideas, visit the website *Growing Stronger: Strength Training for Older Adults* for more ideas. http://www.cdc.gov/physicalactivity/growingstronger/.

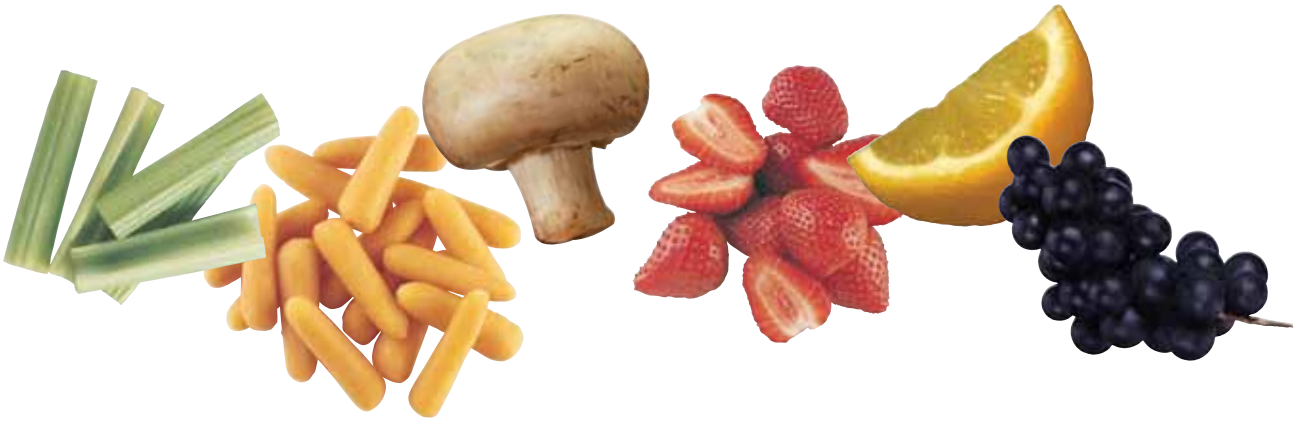
The Session

1 Welcome and Introductions

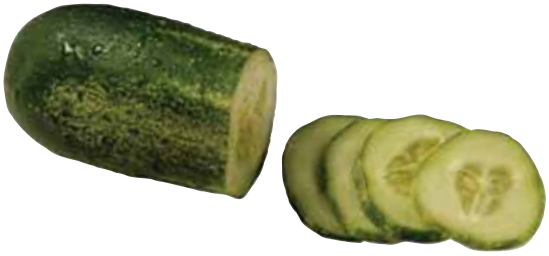
- **Introduce the session.** Let participants know that this is the second of four sessions in the ***Eat Smart, Live Strong*** series and that today's session is "**Challenges and Solutions**."

- **Acknowledge familiar faces.** Give a big hello to those who attended earlier sessions and assure newcomers that they will find it easy to join in even though this is their first session.

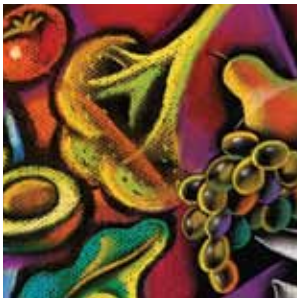
- **Introduce yourself.** Mention one challenge you face in being physically active for 30 minutes most days. Ask participants to introduce themselves by stating their names and answering the question: "What is the biggest challenge you face when you think about participating in at least 30 minutes of physical activity most days?" List each challenge mentioned on a flip chart or chalk board for all to see. You will use this list later in the session.



- **Set a warm and relaxed tone for the session.** Let participants know that you hope to learn from their experiences and that they may offer comments or ask questions at any time.
- **State the purpose of today's session.** Participants will identify solutions to some of the problems they face when trying to eat at least $3^{1}/_{2}$ cups of fruits and vegetables every day and trying to participate in at least 30 minutes of physical activity most days.
- **Share the length of the session.** Let people know that the session will take about an hour. Mention other helpful information such as the location of the restrooms, water fountains, or exit areas.



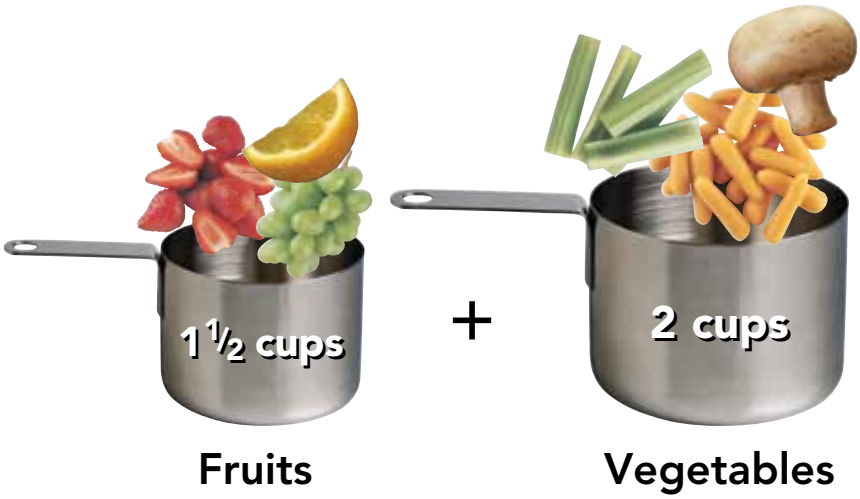
2 Two Important Behaviors and Their Benefits



- Explain that the ***Eat Smart, Live Strong*** program focuses on two important behaviors. These are two actions that health experts recommend to improve the health and well-being of people of all ages:

  1. Eat at least 3½ cups of fruits and vegetables every day
  2. Participate in at least 30 minutes of moderate-intensity physical activity most days

- Mention that the amount of fruits and vegetables for any person depends on activity level, age, and gender. Point out that older adults should eat *at least* 3½ cups each day.[1] One and a half cups should be fruit. Two cups should be vegetables.



= 3½ cups of Fruits and Vegetables[1]

[1] Based on the segment of the target audience with the lowest caloric need – sedentary women (1,600 calories per day). For older adults who are more active, recommend 2 cups of fruits and 2½ cups of vegetables (2,000 calories per day).

- Ask participants to name some of the benefits of eating 3½ cups of fruits and vegetables every day. Make sure the following are mentioned:
  - Get some of the vitamins, minerals, and fiber needed to maintain good health
  - Maintain regularity
  - Help prevent or delay the effects of chronic conditions such as diabetes, obesity, hypertension, and heart disease
  - Add color, taste, and variety to the diet

- Ask participants to list some of the ways they can be physically active. Be sure to include examples of moderate-intensity physical activity such as:

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

- Discuss the benefits of engaging in 30 minutes of moderate-intensity physical activity most days. Mention the following:
  - Help prevent or delay the effects of chronic disease
  - Feel better
  - Decrease mild stress, anxiety, and depression
  - Build and maintain healthy bones, muscles, and joints
  - Improve strength
  - Increase balance and reduce the risk of falling
  - Improve sleep

3 Measuring Your Goals

- Those who participated in Session 1 set goals for themselves for both behaviors. Some may have brought back the handout, *Set Your Goals*, on which they recorded their daily success. Ask them to share their progress with the group.
- Invite participants to share their successes. Ask participants to describe what has made it easier for them to do the two behaviors. Write their responses where all can see them. This list may include some important solutions to challenges, so you will refer to it later in this session.
- Have the group congratulate those who have made progress toward their goals.
- Hand out copies of Handout 2a to those who wish to continue tracking their success.

4 Skills-Building Activity

Word Game: *Finding Your Solution*

- Show participants the list of challenges to physical activity that they mentioned when they introduced themselves. Ask them to list some of the challenges they face when they try to eat $3^1/_2$ cups of fruits and vegetables every day.
- Tell them to take a minute to review the challenges and then identify two or three eating and physical activity challenges that they face. Ask them to individually think of one solution to each of the challenges they chose for themselves.
- Ask volunteers to share some of the challenges with the group.
- Tell them that they are about to play a word game called *Finding Your Solution.* (See pages 16–19 in this booklet). Assure participants that this will help them to think about a variety of positive ways to address some of the challenges they face in achieving the two key behaviors. The instructions for the game follow. Become familiar with the pages so that you know the solutions for each of the clues.
    - Participants should separate into two teams. Have participants count off by twos.
    - Participants will see a partial phrase written on a sheet of paper in the front of the room.
    - Participants from one team will guess a letter for the word puzzle. If the letter is included in the puzzle, the letter is written in all appropriate spaces in the puzzle. The team continues to guess letters until they solve the puzzle or an incorrect letter is guessed.
    - If an incorrect letter is guessed, it is written in a separate section of the paper for everyone to see. This will help participants to not repeat letters already guessed. The other team is then given an opportunity to guess letters for the puzzle. Teams will continue to take turns guessing until the puzzle is solved.

4 Skills-Building Activity continued

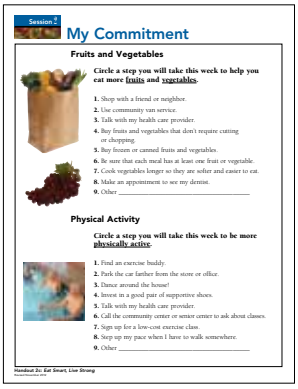
Word Game continued

- Teams may solve the puzzle before all the letters are guessed. Remember to complete missing letters if the puzzle is solved before all the letters are guessed.
- The clues will be some of the challenges to the ***Eat Smart, Live Strong*** behaviors. The answers will be solutions that could make the behaviors easier to achieve.

- Spend a moment talking about the solution. Ask questions such as:
  - How many of you face this challenge?
  - Would this solution help you to eat more fruits and vegetables?
  - Would this solution help you to be more physically active?
  - Who might try this solution this week?

- Post another puzzle and repeat the same steps for this round. Once participants have solved the puzzle, have them compare some of their solutions with those identified in the game and discuss which option might work best for them.

- Continue posting new rounds of play and discussing the solutions. After about 10 minutes, close the game.



Session 2

My Commitment

Fruits and Vegetables

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

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

Physical Activity

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

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

Handout 2c: Eat Smart, Live Strong

My Commitment

- Pass out Handout 2c, *My Commitment*. Encourage each participant to check at least one solution he or she would be willing to try this week to overcome a personal challenge to eating more fruits and vegetables. Read aloud the list of possible solutions for eating fruits and vegetables. Repeat the process for the list of physical activity solutions. Assure participants that they can use their own solutions if none of the ones listed suit their needs.

- Ask participants to share with the group the commitments they have made for this week.

"Smart" Card

- Hand everyone a copy of Handout 2d, *"Smart" Card*. Point out that medical experts recommend the two behaviors. Tell participants that the "Smart" Card can be used to write down any questions they may have for their health care providers about eating fruits and vegetables and about exercising.

- Encourage participants to use the *"Smart" Card* to start a conversation about healthy eating and physical activity with their health care provider.

Session 2

"Smart" Card

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

Fruits and Vegetables

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

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

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

Turn Over →

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

Session 2

"Smart" Card

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

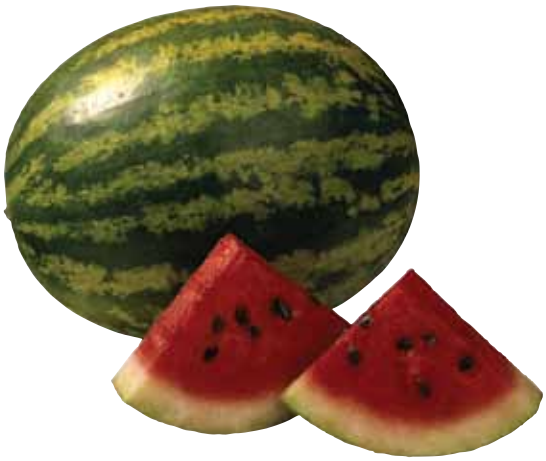
Physical Activity

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

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

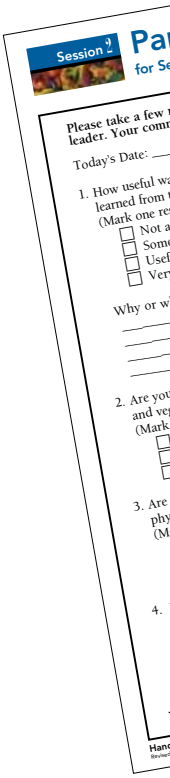
2. Are there any precautions I should take or any activities I should avoid? Which ones?

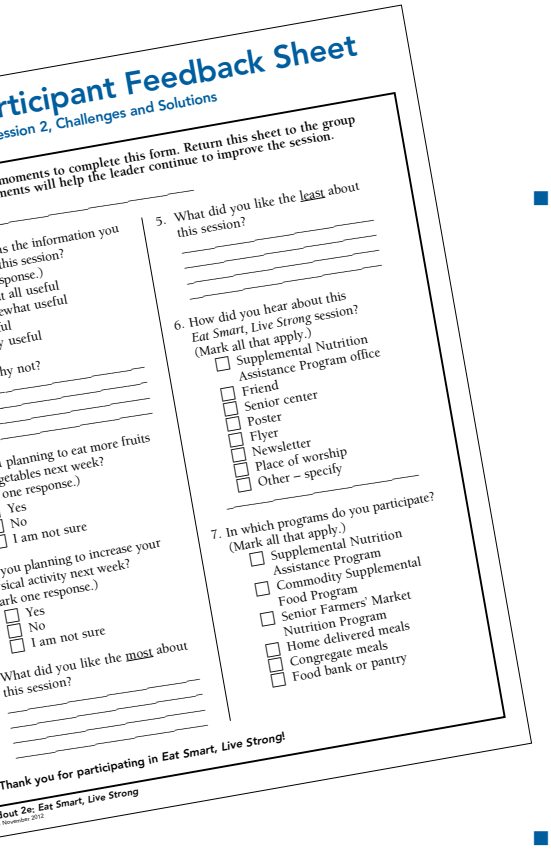
Handout 2d: Eat Smart, Live Strong
Revised November 2012



5 Wrap-Up

- Recap the main point of this session: participants should be able to find a simple solution to most of the challenges that make it hard to eat fruits and vegetables or to exercise.
- Encourage participants to try out a solution this week so that they can reach their goals. Suggest that they use the *"Smart" Card* to talk with a health care provider about the two behaviors.
- Thank participants for joining this session and invite them to the next session, letting them know the time and place.
- Remind participants to bring their completed *Set Your Goals* handout to the next session so they can report on their progress. Provide extra copies of the *Set Your Goals* handout to those who want them.





rticipant Feedback Sheet

ession 2, Challenges and Solutions

moments to complete this form. Return this sheet to the group nents will help the leader continue to improve the session.

s the information you this session? sponse.)
t all useful
ewhat useful
ful
y useful

hy not?

planning to eat more fruits getables next week? one response.)
Yes
No
I am not sure

you planning to increase your sical activity next week? ark one response.)
Yes
No
I am not sure

What did you like the most about this session?

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

6. How did you hear about this *Eat Smart, Live Strong* session? (Mark all that apply.)
Supplemental Nutrition Assistance Program office
Friend
Senior center
Poster
Flyer
Newsletter
Place of worship
Other – specify

7. In which programs do you participate? (Mark all that apply.)
Supplemental Nutrition Assistance Program
Commodity Supplemental Food Program
Senior Farmers' Market Nutrition Program
Home delivered meals
Congregate meals
Food bank or pantry

Thank you for participating in Eat Smart, Live Strong!

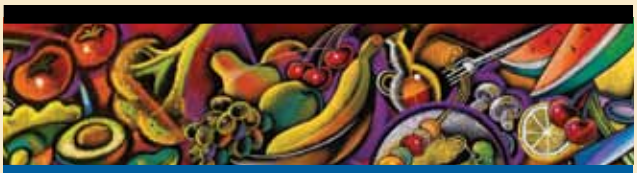
lout 2e: Eat Smart, Live Strong
November, 2012

- Let participants know that their honest feedback about today's session will help you to improve the session for future groups. Using the *Participant Feedback Sheet* (Handout 2e) and/or through discussion, ask some of these questions:

  - What new thing did you learn?
  - Which part of the session was most important to you?
  - Do you think goal-setting will help you eat at least $3\frac{1}{2}$ cups of fruits and vegetables every day?
  - Will your goals help you to participate in at least 30 minutes of physical activity most days of the week?
  - How could we make the session better?
  - How did you hear about today's session? – or – How did you hear about the ***Eat Smart, Live Strong*** program?

- If you are using the written *Participant Feedback Sheets*, assure participants that this is not a test – and that there are no wrong answers! Encourage honest opinions. Help people who have difficulty writing. Collect the feedback sheets. You will find it useful to review participants' responses. Tabulating their answers can help you find ways to improve the session before your next group. The feedback may also serve as a report on your educational activities.

Challenges and Solutions



Word Game: *Finding Your Solution*

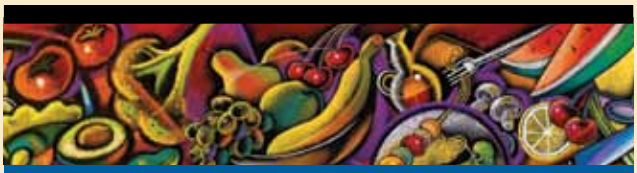
Review these lists of challenges and solutions for eating 3½ cups of fruits and vegetables each day, so that you are ready to help participants identify ways to make the behavior easier.

Challenges

1. Fruits and vegetables can be expensive when purchased out of season.
2. I have health problems and can't eat many fruits and vegetables.
3. Grocery shopping is physically difficult for me.
4. It's too hard for me to prepare fruits and vegetables due to my health.
5. Fruits and vegetables don't fill me up.
6. Fruits and vegetables cost too much.
7. Fruits and vegetables give me stomach problems.
8. Fresh fruits and vegetables spoil too easily.
9. Fruits and vegetables are hard to chew.
10. I can't get to the store to buy fruits and vegetables.

Solutions

1. Purchase fruits and vegetables that are in season.
2. If you have health problems, talk with your doctor, nurse, or nutritionist about which fruits and vegetables you can eat and how they should be prepared.
3. Ask a friend or relative to help you shop.
4. Use a wheelchair at the grocery store.
5. Ask for assistance from store personnel to help you carry your bags or assist you in removing items from grocery shelves.
6. Buy fruits and vegetables that don't require cutting or chopping.
7. Purchase chopped, ready-to-eat fruits and vegetables.
8. Ask a friend or relative to help you cut, chop, or core your fruits and vegetables.
9. Combine fruits and vegetables with other dishes you like to help satisfy your appetite.
10. Introduce fruits and vegetables slowly into your diet, if you haven't eaten many up to this point.
11. Try various fruits and vegetables to determine which ones you can eat, without causing stomach problems.
12. Purchase single-serving packages of fruits and vegetables.
13. Be sure that each meal includes at least one fruit or vegetable.
14. Purchase frozen fruits in 100% juice or low-sodium vegetables.
15. Cook vegetables longer so they are softer and easier to eat.
16. See your dentist regularly to decrease mouth pain and make chewing easier.
17. Visit your local farmers' market or food co-op to find less expensive items.
18. Purchase canned or frozen fruits or vegetables on sale.
19. Talk with your local Area Agency on Aging to find out what free or reduced-price transportation services there are in your community.
20. Try fruits as dessert instead of cake or cookies.



Word Game: *Finding Your Solution*

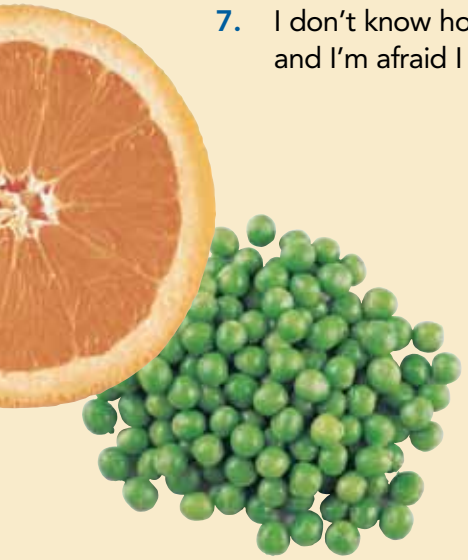
Review these lists of challenges and solutions for participating in 30 minutes of physical activity most days, so that you are ready to help participants identify ways to make the behaviors easier.

Challenges

1. I don't know if I'm healthy enough to do it.
2. I don't have the time.
3. I have physical limitations – muscle, joint, vision, heart, sore feet, etc.
4. I don't like to exercise.
5. There is no convenient, safe place for me to walk or do other exercises.
6. Classes, memberships, or equipment cost too much.
7. I don't know how to do exercises correctly, and I'm afraid I might injure myself.

Solutions

1. Find ways to make exercising a social event.
2. Choose physical activity that is fun to do.
3. Get instruction or coaching to learn the right way to exercise.
4. Start out slowly and gradually increase the effort level.
5. Stretch your muscles before and after you exercise, to avoid soreness later.
6. Find an exercise buddy.
7. Park the car farther away from the store or office and walk a little bit to get to your final destination.
8. Take the stairs instead of the elevator.
9. Walk and talk with friends.
10. When caring for grandchildren, join in their active games.
11. Dance around the house.
12. Recognize that being stronger and having better balance means you are less likely to fall.
13. Invest in a good pair of supportive shoes.
14. Find out about centers that offer exercise classes at low cost and in convenient places; check out the YMCA, YWCA, senior center, or a community center.
15. Join a dance class at a local community center, choosing a dance style you enjoy – tap, modern, hand dancing, swing, square dancing, etc.
16. Step up your pace whenever you have someplace to walk.
17. If it's cold outside, try walking at your local mall.



Word Game: *Finding Your Solution*

Prior to the session, select the solutions from the list below that are most likely to be useful to the participants in your group. For each round of the word game, prepare a large flipchart sheet with the partially completed solution – using the guides below.

Round 1
Clue: I'm diabetic and am afraid to eat certain fruits.
Solution: SPEAK WITH YOUR DOCTOR OR NURSE.
Write this on the board:
__ __ E A __ __ I__ __ __OU__ __O__ __ O __ O__ __U__ __ E.

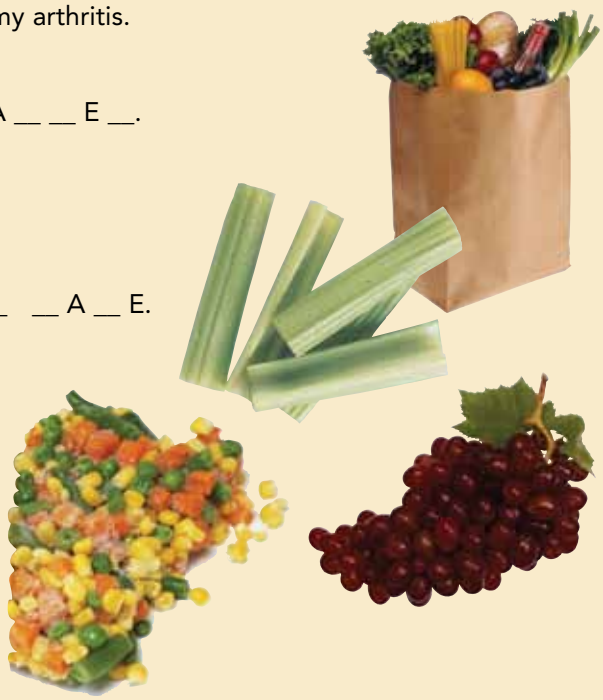
Round 2
Clue: Grocery shopping is physically difficult for me.
Solution: ASK A FRIEND OR RELATIVE TO HELP YOU SHOP.
Write this on the board:
A __ __ A __ __ I E __ __ O__ __ E __ A __ I __ E __ O __ E __ __ __ O U __ __ O __.

Round 3
Clue: It's too hard for me to prepare vegetables due to my arthritis.
Solution: BUY READY-TO-EAT VEGETABLES.
Write this on the board:
__ U__ __ E A __ __ - __O - E __ T __ E __ E __ A __ __ E __.

Round 4
Clue: Vegetables cost too much.
Solution: BUY FROZEN VEGETABLES ON SALE.
Write this on the board:
__U__ __ __ O __ E __ __ E __ E __ A __ __ E __ O__ __ A __ E.

Round 5
Clue: Fresh fruits and vegetables spoil too easily.
Solution: BUY FROZEN OR CANNED.
Write this on the board:
__U __ __ __ O __ E __ O __ __ A __ __ E __.

Round 6
Clue: Fruits and vegetables are hard to chew.
Solution: COOK THEM LONGER.
Write this on the board:
__O O__ __ __E __ __ O __ __ E __.



Round 7
Clue: I can't get to the store to buy fruits and vegetables.
Solution: USE COMMUNITY VAN SERVICE.
Write this on the board:
U __ E __ O __ __ U __ I __ __ __ A __ __ E __ __ I __ E.

Round 8
Clue: I wasn't raised eating many fruits and vegetables.
Solution: TRY EATING FRUIT FOR DESSERT.
Write this on the board:
__ __ __ E A __ I __ __ __ __ U I __ __ O __ __ E __ __ E __ T.

Round 9
Clue: I don't know if I'm healthy enough to exercise.
Solution: CHECK WITH A NURSE OR DOCTOR.
Write this on the board:
__ __ E __ __ __ I __ __ A __ U __ __ E O__ __ O__ __ O __.

Round 10
Clue: I don't have time to exercise.
Solution: TAKE STAIRS INSTEAD OF ELEVATOR.
Write this on the board:
__ A __E __ __A I __ __ I __ __ __ E A __ O __ E __ E __ A __ O __.

Round 11
Clue: Walking in my neighborhood is not safe – or – the weather is bad.
Solution: WALK AT THE SHOPPING MALL.
Write this on the board:
__ A __ __ A __ __ __ E __ __ O __ __ I __ __ __ A __ __.

Round 12
Clue: I'm not someone who exercises.
Solution: START OUT SLOWLY.
Write this on the board:
__ __ A __ __ O U __ __ __ O __ __ __.

Round 13
Clue: I might injure myself.
Solution: GET INSTRUCTION.
Write this on the board:
__ E __ I __ __ __ __ U __ __ I O __.

Round 14
Clue: Exercise classes cost too much.
Solution: DANCE AROUND THE HOUSE.
Write this on the board:
__ A __ __ E A __ O U __ __ __ __ E __ O U __ E.

Round 15
Clue: Exercise is boring.
Solution: WALK AND TALK WITH FRIENDS.
Write this on the board:
__ A __ __ A __ __ __ A __ __ __ I __ __ __ __ I E __ __ __.

Optional Physical Activity Cool-Down

Following the 30-minute session, add 10 minutes to lead the same set of exercises with which you opened this session. If you opted not to do the "Warm-Up," refer to pages 4-5 for more explanation.

- Announce that the last activity in today's session will be 10 minutes of "cool-down" exercises.
- Emphasize that if they do not feel comfortable or have a physical condition that prevents them from doing any or all of the exercises it is OKAY to sit them out; if they feel pain, discomfort, or fatigue while exercising, they should not hesitate to stop or take a break; and, if they need assistance, they should let you know right away.
- Ask participants to look at Handout 2b before they begin. Remind them that they will take the handout home and could try these exercises most days of the week.
- If you have noticed some participants who are comfortable with the exercises, you might invite a participant to lead the group in one of the exercises; or ask the participant to help others who may be having difficulty.
- Thank the group again for their participation. Express the hope that they see adding a little physical activity to their day can be fun and easy. Suggest that they do these simple exercises with a friend or family member.

Eat Smart, Live Strong Activity Kit

The ***Eat Smart, Live Strong*** Activity Kit offers a set of learning experiences to facilitate older adults' adoption of two important behaviors that can improve almost everyone's health and quality of life:

1. Eat at least 3½ cups of fruits and vegetables every day
2. Participate in at least 30 minutes of physical activity most days

Because knowledge is not enough for people to adopt healthful habits, the kit takes a behavioral approach that builds on applied behavioral theory and prior research. The sessions and materials were tested with staff and group leaders in nutrition sites. Handouts were also tested with potential participants – low-income adults between 60 and 74 years old who are eligible for USDA Food and Nutrition Service's programs.

United States Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive, Alexandria, VA 22302

Eat Smart, Live Strong
NUTRITION EDUCATION for OLDER ADULTS

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