

Updated March 2013

Eat Smart, Live Strong is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. The intervention is designed to help nutrition educators working with FNS programs and in communities deliver science-based nutrition education to the growing number of low-income older adults. The intervention focuses on 2 key messages of the 2010 Dietary Guidelines for Americans and utilizes a variety of behavior-focused strategies to promote these behaviors:

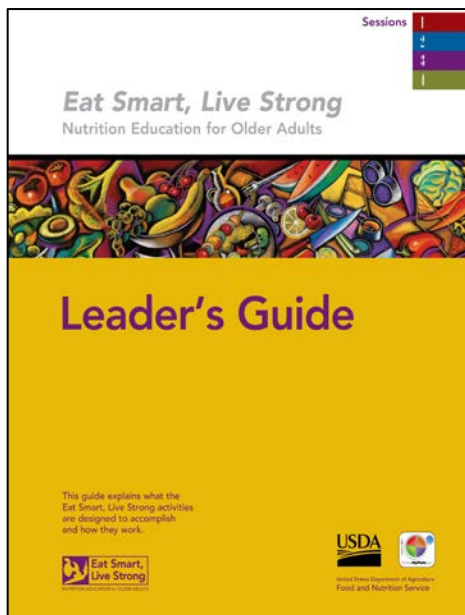
- eat at least 3 ½ cups of fruit and vegetable per day (1 ½ cups of fruits and 2 cups of vegetables)
- participate in at least 30 minutes of physical activity most days of the week

Nutrition education providers can use *Eat Smart, Live Strong* to help able-bodied, community dwelling, low-income older adults adapt behaviors that help to delay and prevent the effects of diet-related disease. Supplemental Nutrition Assistance Program (SNAP) Education providers can download and print the Activity Kit materials through the SNAP-Ed Connection web site at <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>. Though the Activity Kit is no longer available in print, print-ready files may be made available to states by request.

***Eat Smart, Live Strong* Activity Kit**

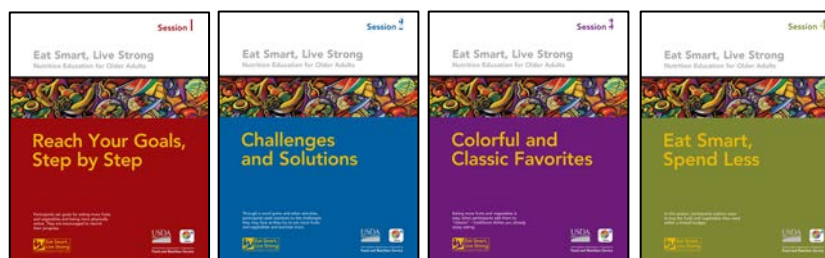
The Activity Kit promotes behavior change by involving participants in interactive education and skill-building sessions that allow them to use nutrition skills and practice physical activity exercises. The Kit contains:

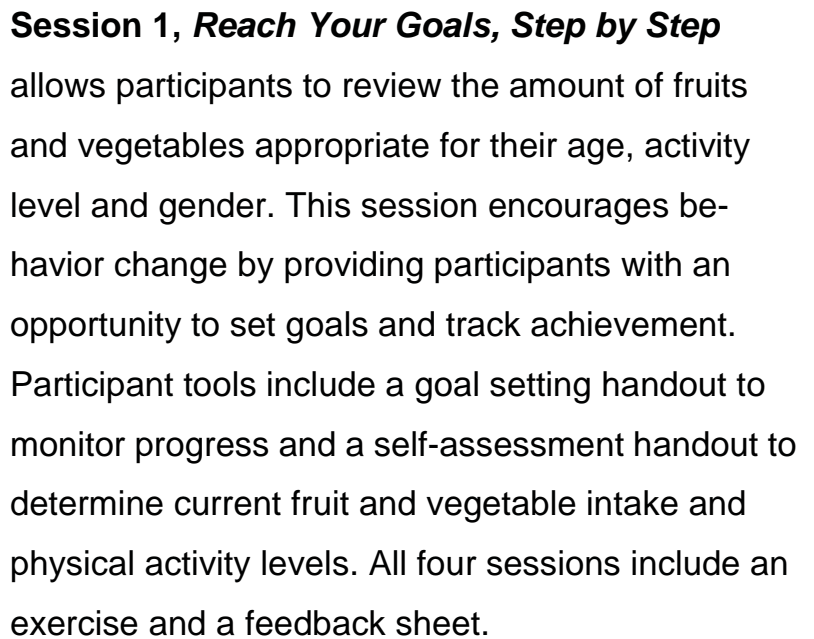
- A Leader's Guide
- Four Interactive Sessions
- Ready to Go Participant Handouts
- Marketing Flyers



The Leader's Guide provides information and guidance to help nutrition educators deliver and promote the intervention. It explains what the Kit activities are designed to accomplish and how they work. The Guide includes information about the benefits of the behaviors, a review of the 2010 Dietary Guidelines for Americans recommendations specific to older adults and materials to promote *Eat Smart, Live Strong* to participants and their communities. Ideally, a trained nutrition educator will deliver all four sessions in sequence after reviewing the Leader's Guide. The sessions are designed to be delivered in small groups of up to 10 participants. In addition, educators can reinforce the behaviors by implementing the suggestions outlined in "MyPlate" and in the "Beyond the Sessions" components of the Leader's Guide.

The Sessions are designed to motivate participants and build skills. Activities include self-assessment tools to assist participants in achieving eating and physical activity goals and simple standing and seated exercises. *Eat Smart, Live Strong* can be delivered in local communities through FNS programs such as SNAP, the Commodity Supplemental Food Program or the Senior Farmers' Market Nutrition Program or through local sites such as senior and community centers.



[illegible]



Session 1

Exercises

These exercises are designed to help you build out your leg muscles and to correct flatfeet. It is advised that you train 10 minutes of cardiovascular activity 3 to 4 days a week, include these exercises in your daily program.

Begin your exercise routine by doing 9 daily stretches to strengthen your core and your lower body muscles. To supplement, do leg bending, deeply throughout the exercise session.

① Walling in Place





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

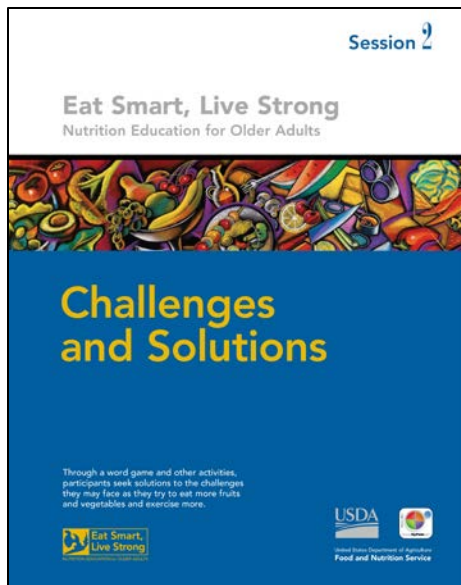
Session 2

Exercises

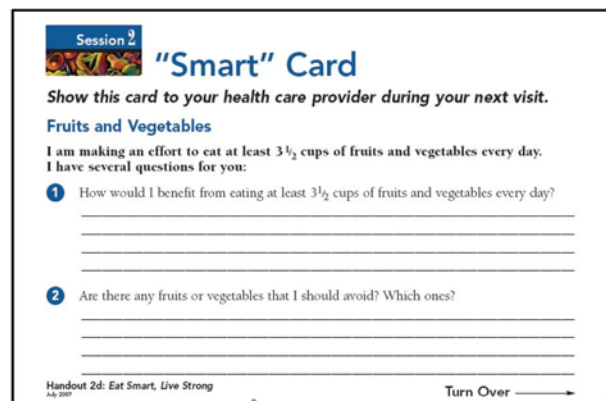
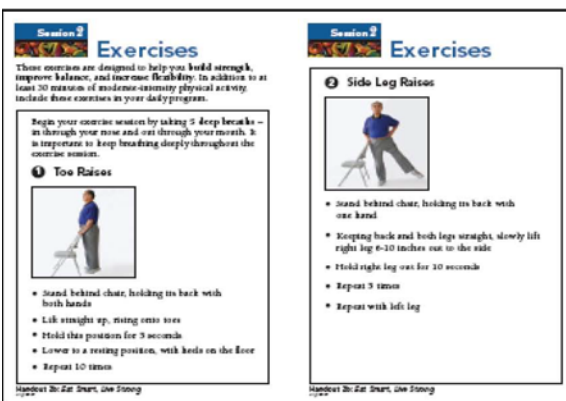
② Leg Curls

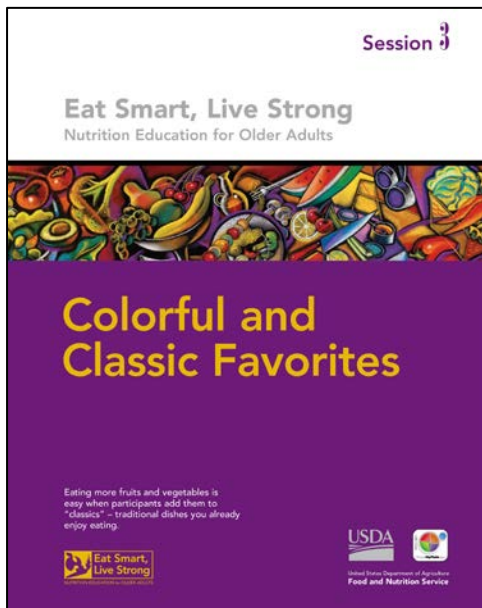


- Bend behind chair and grasp the back
- Keeping knees together, lift your right leg as much as you can
- Come to 10 leg curl positions
- Lower feet to the floor
- Repeat 3 times
- Repeat with left leg



Session 2, Challenges and Solutions offers numerous suggestions to help older adults adapt their eating and physical activity behaviors to reach their goals. This session encourages behavior change by building participants' ability to overcome challenges and initiate support from health care providers. Resources for participants include a commitment form and "Smart" card.





Session 3, *Colorful and Classic Favorites*

provides hands-on experiences in updating classic recipes by adding fruits and vegetables.

Participants are encouraged to improve their skills in creating healthier dishes by making simple adaptations to familiar dishes. Easy-to-make recipes are provided to help participants make classic dishes at home.

Session 3 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 breathes -- in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

1 Stand Up and Sit Down

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

Session 3 Exercises

2 Leg Lifts

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

Session 3 Recipe Cards

Orange Pork Chops

Serving Size: 1 chop
Yield: 2 servings
Cost: Per Recipe: \$ 1.89

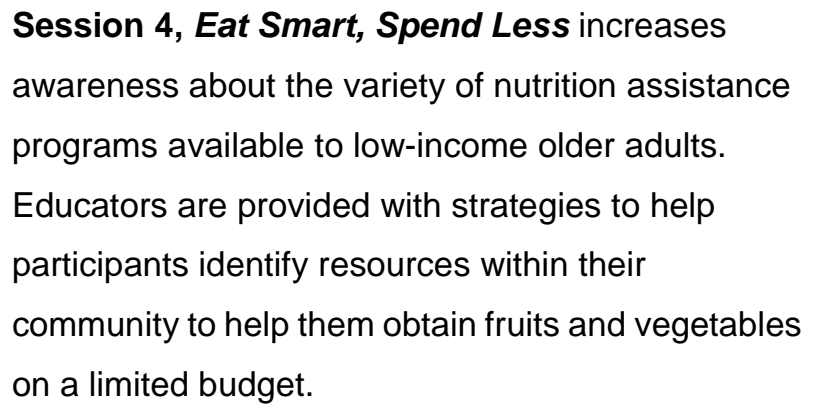
Instructions:
Preheat oven to 350 degrees F

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

For safety, cook pork to 160 degrees F

Adapted from: Simply Seniors Cookbook, Utah State University Extension

Session 3 Add Fruits and Vegetables to Classic Favorites...		
Classic Dishes	Plus	Fruit or Vegetable
Yogurt	+	Peaches
Oatmeal	+	Raisins
Quesadillas	+	Tomatoes and Peppers
Lasagna	+	Spinach



Development of the intervention involved several phases of formative research and testing. FNS conducted a literature review to better understand the target audience, tailor the intervention to provider and participant needs and identify evidence-based strategies that are effective with the target population. A review of promising practices was also conducted to identify relevant interventions and strategies.

The strategies, education methods, and activities highlighted in *Eat Smart, Live Strong* are based on findings from formative research. The BEHAVE decision framework was used to guide the project, identify motivators to facilitate behavior change and select appropriate activities. The materials were also field tested with nutrition education providers and participants to improve the clarity, relevance, and ease-of delivery.

Demonstration Projects

FNS encourages State and implementing agencies to plan and conduct demonstration projects to determine impact of the intervention on participants' behaviors. Agencies that are interested in conducting a demonstration project should inform the FNS Regional SNAP and the State SNAP Education Coordinator in your state as appropriate. These materials were tested during the development process; however, FNS encourages efforts to assess the efficacy of the intervention in reaching specific outcomes such as:

- increasing fruit and vegetable consumption
- increasing physical activity
- increasing use of community-based resources that improve access to fruit and vegetables or physical activity
- improving skills such as cooking, shopping or other precursors to the target behaviors

Include details about plans for conducting demonstration projects as part of SNAP Education plans. While FNS encourages use of traditional impact evaluation methods, other approaches are invited. Please refer to the current SNAP Education Guidance, available on the SNAP-Ed Connection at <http://snap.nal.usda.gov/guidance>, for more information about evaluation options.