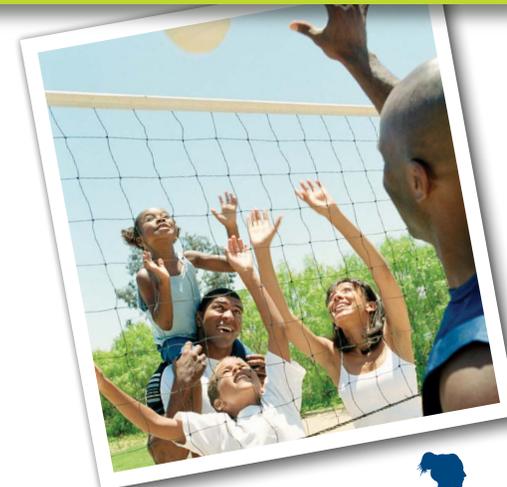


Eat Healthy • Be Active Community Workshops

Based on the *Dietary Guidelines for Americans 2010*
and *2008 Physical Activity Guidelines for Americans*



Be Active, Healthy, and Happy!



Eat Healthy ● Be Active Community Workshop Series

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Introduction to the Dietary Guidelines and Physical Activity Guidelines

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health.

—*Dietary Guidelines for Americans, 2010, Executive Summary*

The *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans* provide science-based advice to promote health and reduce obesity and risk for major chronic diseases. Together, these two important publications provide guidance on the importance of being physically active and selecting nutritious foods for living a long and healthy life.

The *Dietary Guidelines for Americans* provide advice for making food choices that promote good health and a healthy weight and help prevent disease. The two main themes of these guidelines are balancing calories to manage body weight and focusing on foods and beverages that are high in nutrients (while controlling calorie and sodium intake). They encourage Americans to eat more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood and to consume less sodium, saturated and *trans* fats, added sugars, and refined grains. The guidelines also emphasize a flexible approach to eating patterns where individual tastes and food preferences are considered. There is also a stronger emphasis on balancing calorie intake with physical activity.

The *Physical Activity Guidelines for Americans* provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health. These guidelines stress the importance of creating a physical activity plan that includes moderate- and/or vigorous-intensity aerobic activities and muscle-strengthening activities that are tailored to a person's specific interests, lifestyle, and goals.

The two guidelines go hand-in-hand and together provide important information for developing and maintaining a healthy lifestyle. They are the basis for the **Eat Healthy • Be Active Community Workshops**.

Community Leader's Role in Promoting Recommendations From the Guidelines and Implementing the Workshop Series

You play an active and important role in helping people attain and maintain a healthy weight, reduce their risk of chronic disease, and live a healthy lifestyle.

The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.

Balancing Calories

- ✓ Enjoy your food, but eat less.
- ✓ Avoid oversized portions.

Foods to Increase

- ✓ Make half your plate fruits and vegetables.
- ✓ Make at least half your grains whole grains.
- ✓ Switch to fat-free or low-fat (1%) milk.

Foods to Decrease

- ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- ✓ Drink water instead of sugary drinks.

Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.

- ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

The Eat Healthy • Be Active Community Workshop Series builds on these concepts by providing detailed tips for how to put these recommended behaviors into practice. The workshops are designed to move participants from the “thinking” phase to taking desired health actions.

The workshops and corresponding materials are suitable for all groups of adults, including busy people with limited time and those with low health literacy. Health literacy is the degree to which people have the capacity to find, understand, and use basic health information. The U.S. Department of Health and Human Services (HHS) is committed to making the information from the Dietary Guidelines and Physical Activity Guidelines accessible to the majority of the U.S. adult population. The corresponding *Eat Healthy Your Way* handouts, included in the workshop series, were specifically developed and tested to provide information to help people of varying literacy levels make appropriate health and food selection decisions. In addition, the workshop series includes other handouts suitable for broader audiences, video vignettes, live demonstrations, and a list of helpful resources.

This information is packaged in six easy to conduct, interactive workshops. Each workshop contains learning objectives, icebreaker activities, talking points, instructions for stretch breaks, and hands-on learning activities, and provides opportunities to implement new practices that will lead to lasting lifestyle changes. The series includes:

- 1 Enjoy Healthy Food That Tastes Great**
- 2 Quick, Healthy Meals and Snacks**
- 3 Eating Healthy on a Budget**
- 4 Tips for Losing Weight and Keeping It Off**
- 5 Making Healthy Eating Part of Your Total Lifestyle**
- 6 Physical Activity Is Key to Living Well**

Optimally, the workshops can be offered in full as a series of six, or you can select the particular workshop(s) that would best fit the needs of your audience. For example, consider sharing “Tips for Losing Weight and Keeping It Off” with a group fitness class or offering “Enjoy Healthy Food That Tastes Great” to an existing community cooking class.

Your help is needed to find the best places in which to present the workshops to adults in your community who could benefit the most from learning more about eating healthfully and becoming more physically active. In addition to offering these

workshops to community members, continue to assess the environment where you work and live to make sure that healthy lifestyle choices are easy, accessible, and desirable for all.

Please consider:

- Providing workshops to community groups with whom you are already working.
- Offering workshops to other groups within the community that would benefit from diet and physical activity recommendations, such as senior centers, PTAs, places of worship, exercise and recreation classes, etc.
- Helping to promote quarterly consumer messages.
(<http://www.ChooseMyPlate.gov/Partnerships/index.aspx>)
- Planning events in your community that encourage physical activity and good health, such as fun runs, walks, contests, and challenges.
- Serving nutritious and healthy foods when refreshments are offered at events and programs.
- Incorporating stretch and movement breaks during events and programs.
- Recommending that local employers provide a work environment that encourages employees to be active and eat well.
- Modeling behaviors consistent with the recommendations for diet and physical activity.

Tips for Workshop Facilitators

- Prior to the workshop, make sure you have read and reviewed the entire workshop (until you are comfortable talking about the material) and gathered the materials that you will need (copies of handouts, healthy prizes, food ingredients, etc.). If you are teaching all of the workshops, see the suggested list of supplies (on the next page) so you can pull together everything you will need all at once. You may want to arrive 30 minutes ahead of time to prepare and make sure you have everything in place.
- When using talking points, be prepared to expand on the recommendations, give examples, and answer questions as they come up.
- A stretch break related to nutrition and physical activity (and included to promote a less sedentary way of living) is a component of each workshop. For Workshop 6, which includes a longer period of demonstration and physical activity, you may want

to suggest to participants that they wear comfortable clothing. Workshop activities include games, demonstrations, and exercises designed to give participants a chance for hands-on learning.

- A workshop evaluation is provided for participants to complete at the end of each workshop. This information may be useful to share with local organization leaders/potential partners why it is important to provide support for the workshops.
- A reproducible *Certificate of Completion* has been included in the Appendix. This can be used to acknowledge participants for successful completion of the workshop series.

List of Supplies That May Be Needed

Nonfood items

- Crayons
- Markers
- Toothpicks
- Measuring cup
- Serving plate/tray
- Tablespoon and teaspoon (measuring spoons)
- Vegetable peeler
- Knife
- Cutting board
- Slow cooker
- Large serving bowl
- Can opener
- Disposable small and large plates, bowls, and spoons (for participants)
- Napkins
- Sales circulars from local grocery stores (one for every 2–3 participants)
- Nutrition facts labels from a variety of packaged foods (one for every 2–3 participants)
- Menus from local restaurants (American, Mexican, Chinese, Italian, deli, etc.)
- Healthy prizes: fruit, water bottle, jump rope, etc.
- Resistance bands of modest tension (or the soup cans listed below are fine)—you will need 1 band or 2 soup cans for each person

Food items

- 1 cup sugar
- 12-ounce can of sugar-sweetened soda
- Approximately 1 tablespoon each of a few of the following: thyme, basil, oregano, rosemary, garlic powder, onion powder, chili powder, cumin, low-sodium taco seasoning, low-sodium Italian seasoning, etc.
- 1 cup olive oil
- Salt-free pretzels (enough to serve each participant 3–4)
- Store-brand canned fruit in unsweetened juice (enough for each participant to have a few bites of the fruit)
- Name-brand canned fruit in unsweetened juice (enough for each participant to have a few bites of the fruit)
- Large pepper (green, red, or yellow)
- Large onion
- Large zucchini
- 2 large carrots
- 2 cloves garlic
- 1½ teaspoons oregano
- 1 pound boneless/skinless chicken breasts (approximately 4) or lean ground beef or ground turkey
- 14½-ounce can of no-salt-added tomatoes
- Assorted fruits and vegetables (including some that may be unfamiliar to the population you are teaching), cut up for tasting
- 2 soup cans for each workshop participant (unless you have resistance bands)
- Assorted whole grain products (may need to be cut up or cooked prior to tasting, depending on foods selected)