

Eat Healthy • Be Active Community Workshops

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

Making the Workshop Series a Hit in Your Community

Presented by
U.S. Department of Health and Human Services'
Office of Disease Prevention and Health Promotion

INTRODUCTION

Moderator

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OBJECTIVES

1. Demonstrate how participants can use the workshops to motivate individuals in your community to eat healthier and engage in regular physical activity
2. Describe ideas for planning a successful workshop series, improving attendance, and boosting group participation
3. Present firsthand experiences from one pilot site instructor who shares ways she made the workshop a success in her community



EAT HEALTHY ● BE ACTIVE COMMUNITY WORKSHOPS

The graphic is a collage of images and text. At the top left, there are two photos: one of a salmon fillet on a bed of vegetables and another of several red tomatoes. To the right of these is the logo for the U.S. Department of Health and Human Services and the Office of Disease Prevention and Health Promotion. Below the salmon photo is the 'Choose MyPlate.gov' logo, which is a circular plate divided into sections for Fruits, Grains, Dairy, Vegetables, and Protein. In the center, there is a photo of a family (a man, a woman, and two children) playing outdoors. Below this is the main title 'Eat Healthy • Be Active Community Workshops' in a blue serif font. Underneath the title is the text 'Based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines for Americans'. At the bottom left, there is a photo of a man in a wheelchair and another of a basket of blueberries. At the bottom right, there is a photo of a group of people cheering with their arms raised. The entire graphic is set against a background of a green and white wavy pattern. At the bottom right of the graphic is a blue silhouette of a person running and the text 'Be Active, Healthy, and Happy!'.

**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!

- Based on
 - *Dietary Guidelines for Americans*
 - *Physical Activity Guidelines for Americans*



EAT HEALTHY ● BE ACTIVE COMMUNITY WORKSHOPS

Workshop 1
**Enjoy Healthy Food
That Tastes Great**

*Eat Healthy ● Be Active
Community Workshops*





1-1

Workshop 2
**Quick, Healthy Meals
and Snacks**

*Eat Healthy ● Be Active
Community Workshops*





2-1

Workshop 3
**Eating Healthy on
a Budget**

*Eat Healthy ● Be Active
Community Workshops*





3-1



EAT HEALTHY ● BE ACTIVE COMMUNITY WORKSHOPS

Workshop 4
**Tips for
Losing Weight and
Keeping It Off**

*Eat Healthy ● Be Active
Community Workshops*



4-1

Workshop 5
**Making Healthy
Eating Part of Your
Total Lifestyle**

*Eat Healthy ● Be Active
Community Workshops*



5-1

Workshop 6
**Physical Activity Is
Key to Living Well**

*Eat Healthy ● Be Active
Community Workshops*



6-1



DIETARY GUIDELINES KEY CONSUMER MESSAGES

- **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



PHYSICAL ACTIVITY GUIDELINES

Key Guidelines for Adults

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.



Key Guidelines for Children and Adolescents

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
 - **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
 - **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
 - **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.



COMMUNITY WORKSHOPS COMPONENTS

- Lesson plan
- Learning objectives
- Talking points
- Ice breakers
- Hands-on activities

Find Someone Who . . .

Eating Healthy Most of the Time + Physical Activity = Good Health

Has a home-cooked dinner on most nights	Made half their plates fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise three times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like pushups and situps last week	Likes 100% frozen juice bars	Regularly reads the Nutrition Facts Label



COMMUNITY WORKSHOPS COMPONENTS

- Educational handouts
- Stretch breaks
- Short videos
- Evaluation forms

Slow Cooker Tips and Recipes

Tips for Using a Slow Cooker

- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, (2) then add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not reheat leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

Changing Recipes To Use in a Slow Cooker

Try your favorite recipe in a slow cooker with these tips:

- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by one-third to one-half (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at <http://www.ag.ndsu.edu/pubs/yf/foods/fn151.pdf>.

Slow Cooker Recipes

"Refined" Beans	
1 onion, peeled and halved 3 cups dry pinto beans, rinsed ½ fresh jalapeno pepper, seeded and chopped	2 tablespoons minced garlic 1¼ teaspoons fresh ground black pepper 1/8 teaspoon ground cumin, optional 9 cups water
Preparation: <ul style="list-style-type: none">• Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.• Pour in the water and stir to combine.• Cook on HIGH for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.• Once the beans have cooked, strain them, and reserve the liquid.• Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.	



EDUCATIONAL HANDOUTS

- Developed using health literacy principles

Eat Healthy Your Way
Enjoy healthy food that tastes great



Read this handout to learn how you can eat tasty foods while lowering salt and sugar and switching to healthier fats.

Meet the Pérez family



Roberto, Gloria, and their daughters Marta and Ana are finding that eating healthy doesn't mean losing flavor in their foods.

Gloria: Plain and simple—in the past, our family did not eat healthy. I modified my old recipes by using less salt and sugar and choosing healthy fats. I made small changes such as taking the skin off my chicken. Then, instead of deep-frying, I bake it real crispy in the oven with herbs and a little olive oil. Easy changes—yet so much better for us!

Roberto: Gloria's cooking still tastes great. We found out that healthy eating doesn't mean bland. We still use chiles, cilantro, lime, lots of garlic, and other spices to flavor our food.

Marta: Each week, my mom and I pick a new fruit or vegetable for our family to try. Last night we added a kiwi and some almonds to our salad, and it was very good.

Gloria: My advice to families wanting to eat better and feel better? Slowly make a few changes. Before you know it, your family will actually prefer your new way of cooking. Mine does!

Gloria's quick and healthy turkey taco salad

Gloria: I changed my old taco recipe. I use very lean ground turkey breast instead of fattier ground beef and serve it as a taco salad. By crushing some baked tortilla chips, we get the crunch without the fat from crispy taco shells. I cut up some fresh, juicy pears for dessert. What a quick, easy, and flavorful meal. Try my recipe below—I hope your family enjoys it as much as we do!

Recipe: Turkey Taco Salad **This recipe serves 4 people.**

1. Coat a pan with cooking spray. Brown 1 pound of 99% fat-free ground turkey breast with half of a chopped onion.
2. Add 2 cans of no-salt-added diced, crushed, or whole tomatoes.
3. Add 1 clove of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 or 2 chopped ancho chiles or jalapeños. If you don't like your food that spicy, use 2 teaspoons of chili powder instead.
5. Let cook on the stove for 10 minutes.
6. Serve the taco meat on chopped raw spinach or other greens. Break up a handful of baked tortilla chips and sprinkle them on. Top with up a handful of chopped tomatoes, chopped onions, fresh cilantro, and lime. You can also add 1 teaspoon of grated low-fat cheddar.

For more information, visit www.healthfinder.gov

(Start over please)

Small changes can make a large difference

Dwayne's Week 3: Cut back on salt (sodium) and sugar



"Once I started reading labels, I was surprised at how much sodium is in packaged foods. High blood pressure runs in my family and cutting back on salt makes a lot of sense health-wise. And sugar? I stopped drinking my daily super-sized 64-ounce soft drink. Turned out the drink had 800 calories—about half of what many people need for the whole day!"

Limit how often and how much salt you eat. Eat less of these salty foods: pickles, soy sauce, hot dogs, lunch meats, chips, and pretzels. Look for the words "low sodium" or "no salt added" on canned vegetables, vegetable juices, and soups.

Eat fewer sweets. Cut back on empty calories that offer you no nutrients. Eat fruit instead of desserts. Drink fat-free milk, water, or a small glass of 100% juice instead of sugary soft drinks.

From Week 4 on: Put it all together for a successful healthy eating plan



"By making small changes over time I was beginning to follow a healthy food plan I knew I could stick to. And you know what? I felt better and I also lost weight."

Food experts suggest eating a variety of foods that give you what your body needs for good health. No food is forbidden—the key is to eat far more of the foods that are good for you and less of the foods that aren't.

The bottom line? Watch how much you eat of each food. For more about portion and serving sizes, visit www.win.niddk.nih.gov/publications/just_enough.htm.

Include these foods in your food plan:

- Fruits and vegetables.
- Whole grains, such as brown rice, oats, whole-wheat pasta, and whole-grain breads.
- Foods with a lot of calcium, such as fat-free milk and milk products like low-fat yogurt and reduced-fat cheddar. Spinach, collard greens, and kale are a source of calcium.
- Lean meats, light meat chicken and turkey, fish, eggs, and beans.
- Healthy fats, such as olive oil, canola oil, and nuts. Just watch your portions.

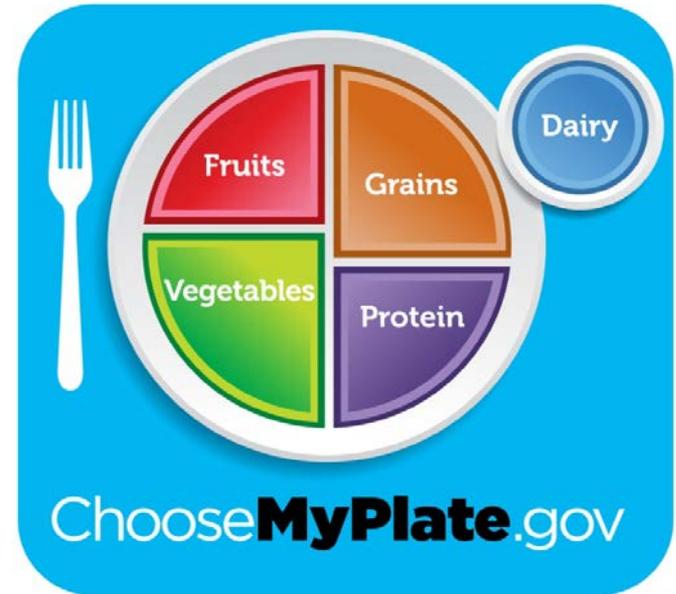


Now that you've read Dwayne's story . . . What tips will you try as you follow a healthy total diet?

ODPHP Publication No. U0053 January 2011



ADDITIONAL RESOURCES



Be Active, Healthy, and Happy!



WORKSHOP EVALUATION

- Each workshop includes a tailored evaluation form

Today's Date: _____

Quick, Healthy Meals and Snacks Evaluation

	1=Strongly Disagree	2=Disagree	3=Neither Disagree or Agree	4=Agree	5=Strongly Agree
1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful. Comments:					

Today's Date: _____

Physical Activity Is Key to Living Well Evaluation

	1=Strongly Disagree	2=Disagree	3=Neither Disagree or Agree	4=Agree	5=Strongly Agree
1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to increase my physical activity and record it on the log this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful. Comments:					



PILOT TESTING

- Assess usability and effectiveness



PILOT TESTING

- Conducted at ten locations across the U.S.

Site	Location	Audience
Arkansas State University	Beebe, AR	University staff
Boston Organization of Nutritionists and Dietitians of Color	Boston, MA	Baptist church group
Clemson Cooperative Extension	Clemson, SC	University custodial staff, church group
Cole County Health Department	Jefferson City, MO	Church group
Health Resources Services Administration	Rockville, MD	Federal employees
Montgomery County Cooperative Extension	Collegeville, PA	Head Start parents, county employees
Naval Support Activity	Millington, TN	Spouses of military or retired military personnel
Panama City Cooperative Extension	Panama City, FL	Elementary school parents
Pulaski Cooperative Extension	Pulaski, VA	Adult education participants
Purdue Cooperative Extension	Valparaiso, IN	County employees



PILOT TESTING EVALUATION

- Oral and written survey
 - Pre- and post-questionnaires
 - Instructors and participants
- Qualitative and quantitative data
 - Usability
 - Satisfaction
 - Effectiveness



KEY FINDINGS: USABILITY

My Shopping List

These are good items to have on hand to make healthy meals and snacks.

<p>Dairy and Eggs</p> <input type="checkbox"/> Fat-free (skim) or low-fat (1%) milk <input type="checkbox"/> Fat-free, low-fat, or reduced-fat cottage cheese <input type="checkbox"/> Low-fat or reduced-fat cheeses <input type="checkbox"/> Fat-free or low-fat yogurt <input type="checkbox"/> Eggs/egg substitute <input type="checkbox"/> _____	<p>Fruit (Fresh, Canned, Frozen, and Dried)</p> <p>Fresh Fruit:</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Baking Items</p> <input type="checkbox"/> Nonstick cooking spray <input type="checkbox"/> Canned evaporated milk—fat-free (skim) or reduced-fat (2%) <input type="checkbox"/> Nonfat dry milk powder <input type="checkbox"/> Gelatin, any flavor (reduced calorie) <input type="checkbox"/> Pudding mixes (reduced calorie) <input type="checkbox"/> _____
<p>Breads, Muffins, and Rolls</p> <input type="checkbox"/> Whole-wheat bread, bagels, English muffins, tortillas, pita bread <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Canned Fruit (in juice or water):</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Condiments, Sauces, Seasonings, and Spreads</p> <input type="checkbox"/> Fat-free or low-fat salad dressings <input type="checkbox"/> Spices <input type="checkbox"/> Flavored vinegars <input type="checkbox"/> Salsa or picante sauce <input type="checkbox"/> Soy sauce (low-sodium) <input type="checkbox"/> Bouillon cubes/granules (low-sodium) <input type="checkbox"/> _____
<p>Cereals, Crackers, Rice, Noodles, and Pasta</p> <input type="checkbox"/> Unsweetened cereal, hot or cold <input type="checkbox"/> Rice (brown) <input type="checkbox"/> Pasta (noodles, spaghetti) <input type="checkbox"/> _____	<p>Frozen Fruit:</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Beverages</p> <input type="checkbox"/> No-calorie drink mixes <input type="checkbox"/> Reduced-calorie juices <input type="checkbox"/> Unsweetened iced tea <input type="checkbox"/> _____
<p>Meat</p> <input type="checkbox"/> White meat chicken and turkey (skin off) <input type="checkbox"/> Fish (not battered) <input type="checkbox"/> Extra-lean ground beef or turkey <input type="checkbox"/> 95% fat-free lunch meats or low-fat deli meats <input type="checkbox"/> _____	<p>Vegetables (Fresh, Canned, and Frozen)</p> <p>Fresh Vegetables:</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Nuts and Seeds (Unsalted)</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Meat Equivalents</p> <input type="checkbox"/> Tofu (or bean curd) <input type="checkbox"/> Beans (see bean list) <input type="checkbox"/> Eggs/egg substitute (see dairy and eggs list) <input type="checkbox"/> _____	<p>Vegetables (Canned, No Salt Added)</p> <input type="checkbox"/> Dried beans, peas, and lentils (without flavoring packets) <p>Canned Vegetables (low-sodium or no-salt-added):</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Fats and Oils</p> <input type="checkbox"/> Light margarine <input type="checkbox"/> Mayonnaise, low-fat <input type="checkbox"/> Olive oil <input type="checkbox"/> Canola oil <input type="checkbox"/> _____
<p>Beans and Legumes (If Canned, No Salt Added)</p> <p>Frozen Vegetables (without sauce):</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Source: Dietary Guidelines for Americans, A Healthier You. http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm</p>	

- Content was useful and informative
- Activities and handouts helped motivate participants to make behavior changes



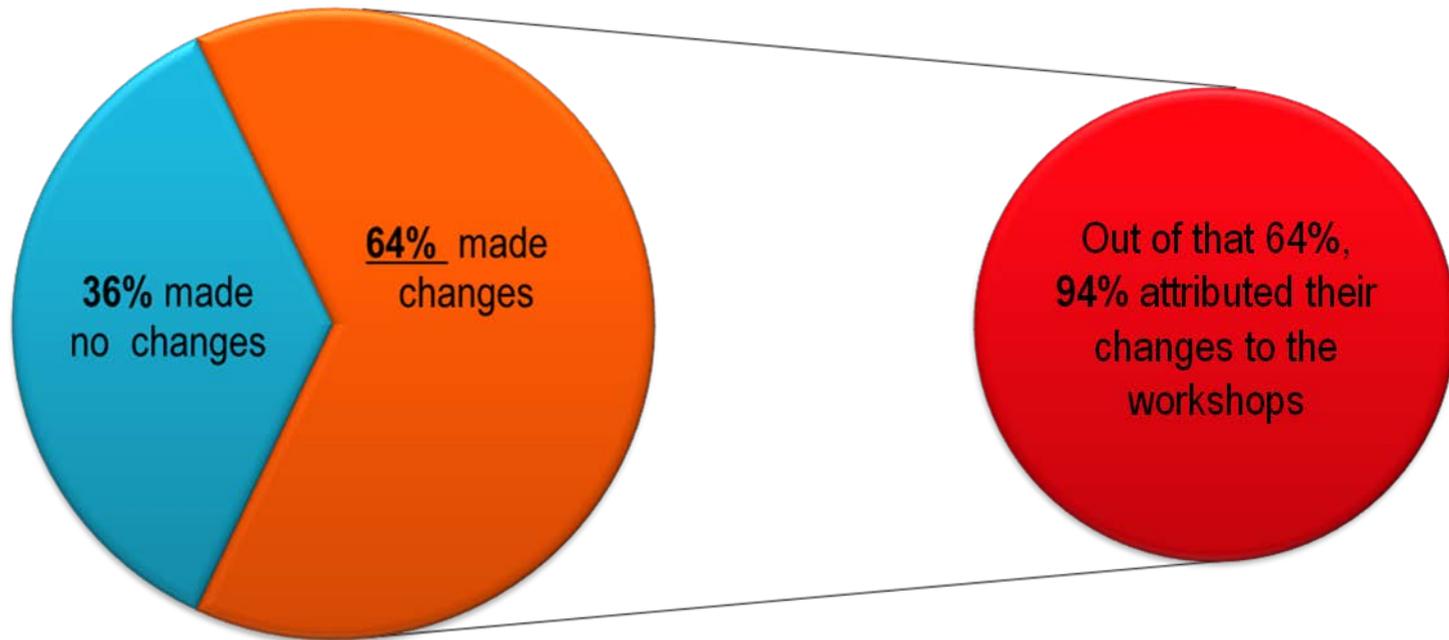
KEY FINDINGS: BEHAVIORAL INTENTION



Percentage of participants who *plan to change* eating behaviors, by workshop



KEY FINDINGS: BEHAVIOR CHANGE



Percentage of participants who ***changed eating or physical activity behaviors*** after attending the workshops



FEEDBACK FROM PILOT TESTING

- Spanish translation of handouts
- Food safety information
- Best practice tips
- Organization of handouts within each workshop

Una alimentación saludable a su manera

Comidas y bocadillos rápidos y saludables



Consejo:
Prepare una comida rápida y nutritiva con pasta integral, carnes magras y verduras congeladas o que hayan sobrado de otra comida.

Consejo:
Mantenga a mano pescado enlatado para preparar comidas rápidas que contengan grasas saludables.

Consejo:
Ahorre tiempo con una olla grande de cocción lenta. Prepare dos o tres cenas saludables sin pasar mucho tiempo en la cocina.

▼ Si desea más información, visite <http://www.healthfinder.gov/espanol/>

¿Tiene poco tiempo? Ponga en práctica estos consejos para preparar comidas saludables rápidamente.

Cenas en un dos por tres

Pasta y . . .

Gerardo: Siempre tengo en la despensa un par de cajas de pasta integral y latas de puré de tomate sin sal. No me gusta toda la azúcar y la sal que le agregan a algunas de las salsas para pasta que se consiguen en la tienda. Por eso preparo mi propia salsa. Les agrego a los tomates albahaca y orégano secos, cebolla picada y mucho ajo. Incluso agrego una bolsa de pechuga cocida de pollo y le pongo verduras congeladas o verduras que hayan sobrado de la noche anterior. Mi salsa es nutritiva y contiene poca grasa, sal y azúcares añadidos.

Si le sumo una ensalada, tengo una comida saludable en menos tiempo del que toma alistar a los niños para ir a un sitio de comidas rápidas. Además, a mis hijos les encanta esta comida.

Pescado en un minuto . . .

Aurora: Mi lema es que las comidas deben ser sencillas, bien hechas y rápidas. Siempre tengo en la despensa latas de salmón y de atún porque contienen grasas saludables. Las croquetas de salmón o de atún tardan menos de 15 minutos en prepararse. Solo hay que agregar cebolla picada, migas de pan integral, un huevo batido y semillas de apio. Se hacen las croquetas y se asan en una sartén rociada con aceite en spray hasta que estén doradas y crocantes por ambos lados.

Olla de cocción lenta . . . ¡al rescate!

Ana: Una vez por semana preparo cantidades grandes de comida en la olla de cocción lenta. Pico montones de verduras –zanahorias, cebollas, calabacín, pimientos (chiles) dulces– o lo que tenga a mano. Pongo las verduras en el fondo y encima pongo pechugas de pollo sin piel o carne magra de res.

Luego agrego una lata de tomates sin sal, orégano y dos dientes de ajo. En vez de pasar horas en la cocina, hago otras cosas entretenidas. Al mismo tiempo, hago tres cenas deliciosas y saludables en menos tiempo del que gasto en preparar una sola.

¿Qué va a preparar para la cena esta noche?

¿Por qué no ensaya lo que les da resultado a Gerardo, Aurora y Ana?



(continúa al reverso de la página)



BEST PRACTICES FOR IMPLEMENTATION

• Preparing for the workshops

Workshop 8

Instructor Guide

Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
 - Icebreaker: Find Someone Who . . . handout for each participant, healthy prize items
 - Activity 1: Two soup cans or resistance bands of modest tension for each participant
 - Activity 2 (Group Walk): Comfortable shoes to walk in
- Note: It would be a good idea to let participants know you will be doing some light exercising during this workshop and they may want to wear comfortable clothing and shoes.
- Photocopy handouts (one per participant):
 - Be Active Your Way: A Fact Sheet for Adults (2 pages)
 - Find Someone Who . . . (1 page)
 - Muscle-Strengthening Exercises (6 pages)
 - My Aerobic and Strengthening Activities Log (1 page)
 - How Many Calories Does Physical Activity Use? (1 page)
 - Workshop Evaluation (1 page)

Workshop Outline

The workshop should last ~1 hour, including activities.

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives

63

Workshop 8

Talking Points—Handout: My Aerobic and Strengthening Activities Log (5–10 minutes)

Getting Started

- Think about reasons why you have not been physically active. Note: You may want to have the participants share some of their reasons.
- Pick a physical activity that you like and one that fits into your life.
- Find the time that works best for you. Before work? After the kids go to bed? You decide!
- Be active with friends and family who can help you keep up with your physical activity plan.
- Consider using a pedometer to track your walking. Set goals to increase your number of steps every day or each week.
- There are health benefits of doing at least 30 minutes of physical activity at a time.
- Avoid sitting still—take advantage of all opportunities during the day to move!
 - Take the stairs instead of the elevator.
 - Park further away in the parking lot.
 - Walk over to a coworker's desk instead of sending an e-mail.



Making Exercise Work for You

- Plan your activity for the week ahead of time.
 - Aim for at least 2 hours and 30 minutes of moderate physical activity each week.
 - It's best to spread aerobic activity out over at least 3 days a week.
 - Include strengthening activities 2 days a week to keep your muscles strong.
- Track your time and progress.
- Looking to add to your physical activity?
 - Work toward doubling your weekly activity time to 4 hours per week.
 - Replace some of your moderate-level aerobic activities with vigorous aerobic activities that make your heart beat even faster. In general, 15 minutes of vigorous activity provides the same benefits as 30 minutes of moderate activity.

64

Additional Resources

There are many more resources and materials to help you promote healthy eating and physical activity in your community. The following sections include the titles of materials available from the U.S. Department of Agriculture (USDA), additional helpful recipes and menus, more information about the Dietary Guidelines and Physical Activity Guidelines, and a list of Federal resources related to nutrition and physical activity.

Helpful Materials

The USDA has produced many helpful materials—"Let's Eat for the Health of It" (<http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DC5000Resources.pdf>) offers a wide range of practical tips and appealing photos that reflect key recommendations from the guidelines.

The USDA's 10 Tips Nutrition Education Series (<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>) provides consumers and professionals with high-quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator. A different Ten Tips handout has been included in each of the six workshops. There are many other helpful tip sheets in the series, with more being added:

- Choose MyPlate: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheetChooseMyPlate.pdf>
- Add More Vegetables to Your Day: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheetAddMoreVegetables.pdf>
- Focus on Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheetFocusOnFruits.pdf>
- Make Half Your Grains Whole: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
- Got Your Dairy Today?: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheetGotYourDairyToday.pdf>
- Build a Healthy Meal: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheetBuildAHealthyMeal.pdf>
- Healthy Eating for Vegetarians: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>

A-9



BEST PRACTICES FOR IMPLEMENTATION

- Enhancing participation through activities

Overhead Arm Raise

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying heavy items easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair. Hold weight with palm facing upward.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe In slowly.
4. Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe In as you slowly lower your arms.
7. Repeat 8–12 times.
8. Rest; then repeat 8–12 more times.
9. As you progress, use a heavier weight and alternate arms until you can lift the weight



Front Arm Raise

This exercise will strengthen your shoulders and make lifting groceries easier.

1. Stand with your feet shoulder-width apart. Keep your feet flat on the floor during the exercise.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe In as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



Budget-Stretching Healthy Meals



00:03 DVD ◯ ◀▶ ⏪ ⏩ 🔊





[Insert your
Organization
Logo here.
Size .8x.8" max]

Certificate of Completion

presented to

Insert Name of Recipient

For participating in the

Eat Healthy • Be Active

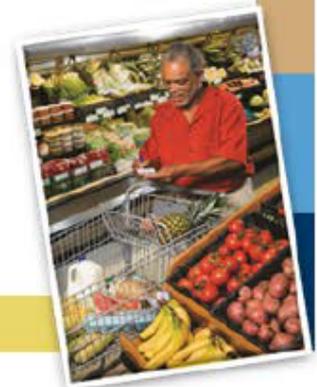
Community Workshops

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

[Insert MM/DD/YEAR]

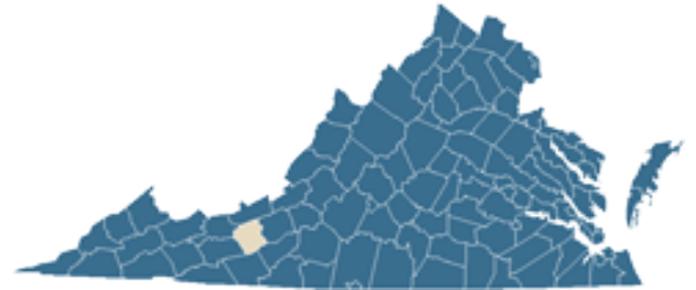


[Insert Name, Title]



OVERVIEW OF PILOT SITE

- Virginia Cooperative Extension
 - Pulaski County
- Pearisburg, Virginia
- Giles High School
 - Family & Consumer Sciences Department



PARTICIPATION

	N (%)
Gender	
Male	4 (20)
Female	16 (80)
Age	
<25	2 (10)
25–45	8 (40)
45–65	9 (45)
65+	1 (5)
Education	
High school or vocational	10 (50)
College	7 (35)
Advanced Degree	3 (15)
Race/Ethnicity	
Caucasian	20 (100)

- 85% of participants attended four or more workshops



EXAMPLES OF INCENTIVES

- Food tasting and recipes
 - Ice water with fresh fruit
 - Fruit and vegetable garnishes to make foods attractive
- Prizes for attendance
 - Weekly door prizes
 - Bean cookbooks for all participants
- Cookbooks for participants who attended four or more workshops

Modifying a Recipe
The left column shows the original recipe, and the right column shows healthy changes you can make.

Lasagna	
Original Ingredients:	Substitutions:
1 box lasagna noodles	1 box whole-wheat lasagna noodles
1 pound ground beef	1 pound extra-lean ground beef or lean ground turkey
½ cup chopped onion	
8 ounces sliced mushrooms, optional	12 ounces sliced mushrooms, optional
1 jar (about 16 ounces) spaghetti sauce	Tip: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.
1 teaspoon garlic powder	
½ teaspoon salt	Omit salt
1 teaspoon dried leaf oregano, crumbled	
½ teaspoon dried leaf basil, crumbled	
1½ cups ricotta cheese	1½ cups part-skim ricotta cheese
2 cups shredded Monterey Jack cheese	1 cup reduced-fat Monterey Jack cheese
¾ cup grated Parnesan cheese	½ cup reduced-fat Parnesan cheese

- Cook lasagna noodles according to package directions; drain and set aside.
- In a large skillet, brown beef, onion, and mushrooms. Note: Don't forget to drain the fat from the meat after you brown it.
- Stir in spaghetti sauce, garlic powder, salt, oregano, and basil.
- In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer ½ of the lasagna noodles, ½ of the sauce, ½ of the ricotta cheese and Monterey Jack cheese.
- Repeat layers twice.
- Sprinkle Parnesan cheese on top.
- Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a 350°F oven.
- Let stand for 8 to 10 minutes before cutting and serving.
- Serves 6 to 8.

Source: We Can! Fun Family Recipes & Tips
<http://www.nhbi.nih.gov/health/public/heart/obesity/wecan/eat-right/fun-family-recipes.htm>



INCENTIVES: PARTICIPANT SATISFACTION

- Prizes for attendance
 - Participants loved the daily door prizes
 - Participants had the option to select one of two cookbooks for prizes
 - Participants were delighted to receive cookbooks for regular attendance
- Food tasting and recipes
 - Participants arrived early to help with food preparation to increase food handling skills



PARTICIPANT FEEDBACK: ANECDOTAL

- “I loved this program!”
- “What are we going to do after this class is over? Now we are just like family!”
- “My family has started drinking water with fruit in it like we did in class.”
- “I learned new ideas for healthier meals.”
- “Put me on the mailing list for other programs you will be teaching.”



PARTICIPANT FEEDBACK: ANECDOTAL

- Participants shared behavior changes they made as a result of the workshops
 - Tried new recipes
 - Increased physical activity
 - Consumed less processed foods
 - Ate more fruits & vegetables
 - Changed portion sizes
 - Drank more water
 - Read nutrition labels



PARTICIPANT EVALUATIONS

- 90% made changes in their food choices or their level of physical activity
- 95% said the community workshops helped them to make these changes



OVERALL INSTRUCTOR EXPERIENCE

- Amazing the amount of content and activities covered in one hour
- It was great to have the lessons already prepared
 - Course content easy to teach
 - Lessons followed a similar format
 - Course objectives were clearly identified
 - Excellent handouts and activities suggested for each lesson
- Positive learning experience for the instructor and the participants
 - Attracted new participants



THANK YOU FOR JOINING!

COMING SOON:

Print edition of the complete
Eat Healthy ● Be Active
Community Workshop series

For more information, visit
health.gov/dietaryguidelines/workshops/

