



Eat Better Move Better 2015-2016

Eat Better Move Better Description:

The purpose of the Eat Better Move Better (EBMB) is to educate and provide support to participants to consume healthy foods and beverages, reduce consumption of less healthy foods and beverages, increase physical activity, and improve food resource management skills. The EBMB curriculum will provide nutrition education topics and introduce physical activity exercises using exercises from the Young at Heart older adult strength training program.

Target Population: Older Adults 60 and better.

Overall Program Format:

- 4-week session, twice a week, 30 minute class.
- 15 minutes-nutrition education using MyPlate – 10 Tips Series, along with 15 minutes- Young At Heart (YAH) exercise and balance activities.
- RAPA assessment first and last class.
- Direct Data Card filled out each class.
- Raffles at each class.
- Exertubes will be passed out and collected at end of each class.
- Do a raffle drawing at the conclusion of the 4 week session (big prize item).

Raffle Prizes:

Items that we use in the program are the Champions for Change cookbooks, aprons, t-shirts, notepads, recipes cards, yoga books, hats, etc.

The big ticket item is usually donated by a local grocery store. It contains fruits and vegetables and possible a small gift card for the local grocery store that donated the items.

Resources:

Young at Heart Exercises
MyPlate – 10 Tips Series
Eat Smart Live Strong

WEEK 1: RAPA pre-test

Materials needed: Exertubes, raffle tickets for big prize, RAPA pre-test, direct data cards, MyPlate nutrition topic handout, YAH exercise handout 1, sign-in sheet, pens, container for raffle tickets, raffle prizes.

First Class Outline:

- Participants sign in, fill out raffle ticket, get exertube to use.
- Pass out RAPA, pencils, complete together.
- *Raffle prize drawing.*
- Pass out direct data card, complete together, collect sheets.
- *Raffle prize drawing.*

A. Nutrition Portion -

- **Today's Topic: "Got Your Dairy Today" – MyPlate Handout**

B. Exercise Portion – YAH Handout 1

- Warmup
- Upper body: YAH Triceps press (6x) and YAH triceps stretch
- Lower body: YAH Heel Raises (6x) and YAH Calf Stretch
- Balance: YAH Clock Reach

Second Class Outline:

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass pencils, direct data cards, complete together and collect cards.
- *Raffle prize drawing.*

A. Nutrition Portion -

- Review 1st Class nutrition handout, "Got Your Dairy Today"
- **Today's Topic "How Did I Do Yesterday" –**
 - *Eat Smart Live Strong Handout 1c*

B. Exercise Portion – YAH Handout 1

- Warmup
- Upper body: YAH Triceps press (6x) and YAH triceps stretch
- Lower body: YAH Heel Raises (6x) and YAH Calf Stretch
- Balance: YAH Clock Reach

END OF EACH CLASS COLLECT EXERTUBES

WEEK 2:

Materials needed: raffle tickets for big prize, nutrition topic handout, YAH exercise handout 2, sign-in sheet, direct data cards, pens, raffle prizes.

First Class Outline:

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass out direct data cards, pencils, and complete together - collect sheets.
- *Raffle prize drawing.*

A. Nutrition Portion -

- **Today's Topic: "Be Food Safe" – MyPlate Handout**

B. Exercise Portion – YAH Handout 2

- Warm Up
- Upper body: YAH Biceps Curl (6x) and YAH biceps stretch
- Lower body: YAH Bent Leg Raise (6x) and YAH leg lunge stretch
- Balance: YAH Tandem Stance

Second Class Outline:

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass out direct data cards, pencils, and complete together - collect sheets
- *Raffle prize drawing.*

A. Nutrition Portion -

- Review 1st class nutrition handout, "Be Food Safe"
- **Today's Topic: "My Commitment"**
 - *Eat Smart Live Strong Handout 2c*

B. Exercise Portion – YAH Handout 2

- Warm Up
- Upper body: YAH Biceps Curl (6x) and YAH biceps stretch
- Lower body: YAH Bent Leg Raise (6x) and YAH leg lunge stretch
- Balance: YAH Tandem Stance

END OF EACH CLASS COLLECT EXERTUBES

WEEK 3:

Materials needed: Exertubes, raffle tickets for big prize, direct data cards, nutrition topic handout, YAH exercise handout 3, sign-in sheet, pens, raffle prizes.

First Class Outline:

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass out direct data cards, pencils, and complete together - collect sheets.
- Raffle prize drawing.

A. Nutrition Portion -

- Today's Topic: **"With Protein Foods, Variety is Key"** – *MyPlate Handout*

B. Exercise Portion – YAH Handout 3

- WARMUP
- Upper body: YAH Seated Row (6x) and YAH cat stretch
- Lower body: YAH Sits and Stands (6x) and YAH sit and reach stretch
- Balance: YAH Statue of Liberty

Second Class Outline:

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass out direct data cards, pencils, complete together, and collect.
- *Raffle prize drawing.*

A. Nutrition Portion -

- Review 1st class nutrition handout, "With Protein Foods, Variety is Key"
- **Today's Topic: "Salt and Sodium"** *MyPlate Handout*
- **"Participant Feedback Sheet"**
 - Eat Smart Live Strong Handout 3e

B. Exercise Portion – YAH Handout 3

- Warm Up
- Upper body: YAH Seated Row (6x) and YAH cat stretch
- Lower body: YAH Sits and Stands (6x) and YAH sit and reach stretch
- Balance: YAH Statue of Liberty

END OF EACH CLASS COLLECT EXERTUBES

WEEK 4: RAPA post-test/PARTY

Materials needed: Exertubes, raffle tickets for big prize, RAPA post-test, nutrition topic handout, YAH exercise handout 4, sign-in sheet, pens, raffle prizes, big prize item, YAH brochures and local resources.

First Class

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass out POST RAPA, pencils, complete together.
- Raffle Prize Drawing.
- Pass out direct data cards, pencils, complete together - collect sheets.
- Raffle Prize Drawing.

A. Nutrition Portion

- **Topic: “Spending Less” and “Set Your Goals”**
 - *Eat Smart Live Strong Handouts 4a and 4c*

B. Exercise Portion – YAH Exercise Handout 4

- Warm Up
- Upper body: YAH Chest Press (6x) and YAH hug a tree stretch
- Lower body: YAH Hip Pendulum and YAH knee cross stretch
- Balance: YAH March in place with head turns

Second Class:

- Participants sign in, fill out raffle ticket, give exertubes to use.
- Pass out direct data cards, complete together – collect.
- Pass out local resources to continue exercising.

A. Nutrition Portion –

- Review all Nutrition Topics – Questions and Answers

B. Exercise Portion – Review all YAH Handouts 1-4

- Warm Up
- Upper body: review all upper body YAH exercises
- Lower body: review all lower body YAH exercises
- Review all YAH stretches

***END OF EACH CLASS COLLECT EXERTUBES
Do Grand Prize raffle drawing***