



Eat Smart Live Strong

Designed to improve fruit and vegetable consumption and physical activity among older adults to delay and prevent the effects of diet-related disease.

Four weekly 1-hour sessions build healthy habits through games, discussion, and simple standing/seated group exercises. Helpful handouts assist with meeting personal goals at home during the week.

Session 1, Reach Your Goals, Step by Step allows participants to review the amount of fruits and vegetables appropriate for their age, activity level and gender. This session encourages behavior change by providing participants with an opportunity to assess current habits, set goals, and track achievement.

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.

Session 3, Colorful and Classic Favorites focuses on adding fruits and vegetables to classic recipes. Participants are encouraged to improve their skills in creating healthier dishes by making simple adaptations to familiar dishes.

Session 4, Eat Smart, Spend Less provides strategies to help participants obtain fruits and vegetables on a limited budget, and it increases awareness about the variety of nutrition assistance programs available to low-income older adults.



Area Agency on Aging, PSA

Your Resource on Aging

223-HELP

800-258-7277

www.info4seniors.org