



For Kern County Seniors

OUR NEWSLETTER HAS A NEW NAME

“CalFresh Healthy Living” describes our goal for the seniors we serve: healthy living through better nutrition and increased physical activity. assistance in finding ways to receive better nutrition and more physical activity.

SPRING BRINGS NEW OPPORTUNITIES FOR BETTER HEALTH

This is the time of year when many people are looking forward to the opportunities for better health that can open up because of the nicer weather. Spring can be a great time to start thinking about going on walks with friends, and participating in more Kern County Aging and Adult Services Healthy Living physical activity or nutrition education programs. Please see our Healthy Living Website at: www.kerncounty.com/aas/snaped.aspx

The Kern County Aging and Adult Services CalFresh Healthy Living (formerly SNAP-Ed) Health Education staff delivers evidence based programs to seniors to help them prevent or delay the onset of chronic diseases such as diabetes, by establishing healthier eating habits and being more physically active.

Programs encourage active senior participation in discussions and seniors can share their experiences and ideas.

There are also food demonstrations, bulletin boards, flyers, and other ways for participants to work together to initiate change in their communities.

**** As always, you should check with your physician before you begin any diet or exercise program.***

The Healthy Living programs are presented by the Kern County Aging & Adult Services Department through an agreement with the California Department of Aging. California's Healthy Living program is federally funded by the United States Department of Agriculture (USDA). This institution is an equal opportunity provider.

For a schedule of class locations, dates and times, please visit us on the web at <http://www.kerncounty.com/aas/snaped.aspx>

HEALTHY LIVING

Seniors participate in STEP class and learn to build to and maintain a physical activity walking routine.



Casa De Eva

HEALTHY LIVING

Food Demonstration



Lowell Place

INSIDE THIS ISSUE

How can I Track my way to Success?

Learn how you can use an Activity Tracker to help gauge your progress and sustain motivation 2

Modifying recipes for healthier food that tastes great!

Have fun modifying a recipe to make it healthier, and benefit from a more nutritious, great tasting dish. 3

What CalFresh Healthy Aging Programs are available, and where?

Find out where you can join in and have fun in one of our evidence based programs such as “Eat Healthy, Be Active”, “Staying Healthy Through Education and Prevention,” or other programs.....4



County of Kern
Aging and Adult Services Department
5357 Truxtun Avenue,
Bakersfield, CA 93309
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This institution is an equal opportunity provider.
Visit CalFreshHealthyLiving.org for healthy tips.

Track your way to Success

Using activity logs to reach your exercise goals

What should I track?

- When I exercise.
- How long I exercise for.
- What kind of exercise I participate in
- How intense was my activity.

For tech lovers:

If you are very tech savvy, there are also many mobile phone applications that you may find useful for tracking on-the-go. You can search the application store on your iOS or android device, for an option that is right for you.

Why should I log my daily exercise?

Logging your exercise is a great tool to track your progress. Doing so gives you the ability to reflect on your effort. It also gives you the opportunity to celebrate accomplishments, both big and small! Taking part in activity logging will aid in maintaining a consistency with our commitment to exercise.

How do I get started?

First, it is important to set a goal that you can track every week. For example, if you usually only walk 2 times a week for 10 minutes; you may want to set a goal to walk 3 times a week for 20 minutes. Once you have your goal, write it down in your log!

What counts as exercise?

Anything can count as exercise! If your heart rate goes up.

Examples of exercise:

- Walking
- Gardening
- Bike Riding



Modifying recipes for healthier food that tastes great!

Special points of interest:

- ◆ Healthy Meals
- ◆ Switch to whole grains
- ◆ Add fruits or vegetables

WHY WHOLE GRAINS?

- ◆ Rich in Fiber
- ◆ Helps reduce blood cholesterol levels

Give your food a healthier Spin!!

- ◆ Vary your veggies
- ◆ Focus on whole fruits



Simple changes will help you make your favorite recipes healthier!

Eating healthier is as easy as swapping whole-wheat pasta and brown rice into our favorite dishes. Add some fruit like mango, mandarin oranges or a chopped apple for a new spin on a favorite dish. Brown rice is delicious, add some corn, peas and carrots and you have a satisfying meal!



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For Kern County Seniors: Programs

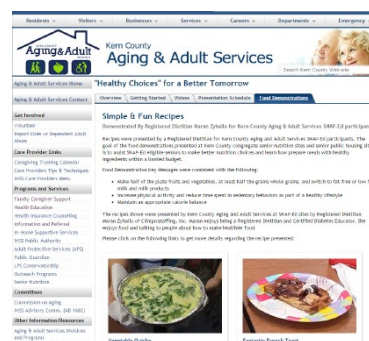
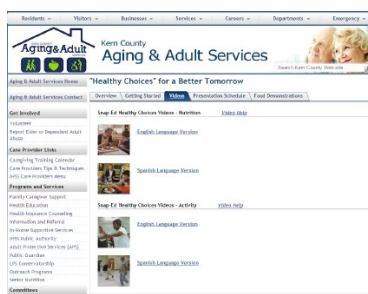
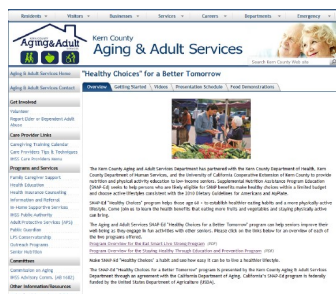
CalFresh Healthy Living Classes and Food Demonstrations



CalFresh Healthy Living Education Materials



KCAASD CalFresh Healthy Living Website <http://www.kerncounty.com/aas/snaped.aspx>



For class locations, dates and times, please visit us on the web at <http://www.kerncounty.com/aas/snaped.aspx>
For information on how your group of seniors may be able to receive services, please contact Kern County Area Agency on Aging Planner Martin Reynoso at 661-868-1061, or Health Education Assistants Alejandra Morales, 661-868-1049, Laura Bautista 868-1068, Maria Montoya 868-0977, or Vanessa Hidalgo 868-1065