



Eat Healthy • Be Active Community Workshops

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

The community workshops will cover topics that include:

- Healthy eating habits
- Nutrition Labels
- How to save money while eating healthy
- How to achieve and maintain a healthy body weight



Bakersfield Senior Center Participant



“Eat Healthy, Be Active” Community Workshops Overview

Workshops provide tools seniors can use to make healthy choices in a real world setting.



Workshops teach practical skills you can use when shopping, eating at restaurants, etc.

This presentation overview slideshow is based upon Eat Healthy, Be Active Community Workshops information presented by the Kern County Aging and Adult Services Department to seniors at various Kern County locations. To attend one of the scheduled SNAP-Ed presentations for seniors where topics are discussed in greater detail [click here](#) for a list of sites or call 661-868-0981 or 661-868-1049.



What are Eat Healthy, Be Active Community Workshops?

The **Eat Healthy, Be Active Community Workshops** program is a six-week program focusing on promoting health and reducing obesity and risk for major chronic diseases, where seniors can learn to make healthier choices.

**The workshops emphasize the importance of making small, sustainable changes over time.*



Bakersfield Senior Center Participants



Why can making healthy choices be beneficial?

According to the U.S. Department of Agriculture, and Food and Nutrition Services, seniors can gain health benefits by making two simple behavior changes in their life.

Seniors can benefit by consuming more fruits and vegetables with at least 3 and 1/2 cups of fruits and vegetables (1 and 1/2 cups fruit and 2 cups vegetables).



Seniors can also gain health benefits by participating in at least 30 minutes of a moderate-intensity physical activity each day.

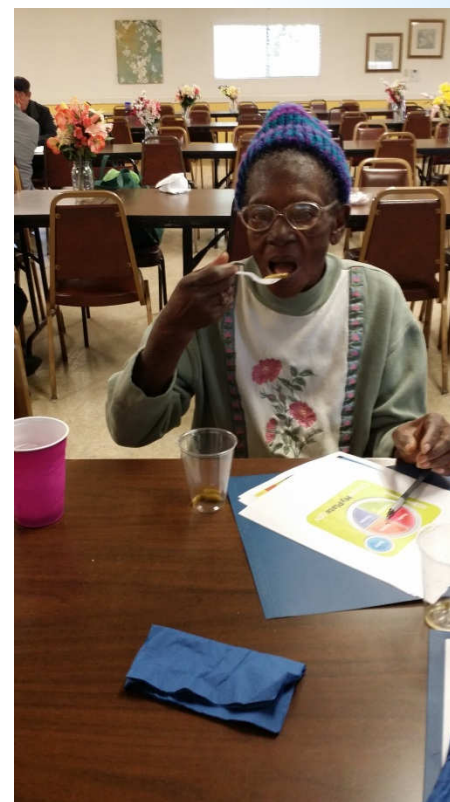


*** As always, you should check with your physician before you begin any diet or exercise program.**



How can seniors learn to Eat Healthy, and Be Active?

- * *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 Eat Healthy, Be Active Community Workshops are based upon these publications and show how healthy eating and physical activity work hand in hand to help us live healthier lives.



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Seniors Learn at Eat Healthy, Be Active Community Workshops:

* *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.

* *Other ways to gain the benefits of better nutrition and physical activity*





Eat Healthy, Be Active Community Workshop Participants



Plaza Tower Senior Center Participants



Bakersfield Senior Center Participants



Join us at one of the following Kern County Aging and Adult Services presentations and learn how to “Eat Healthy, and Be Active”

[Click Here](#) for the current schedule of Presentations

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