



“Healthy Choices” for a Better Tomorrow



This presentation overview slideshow is based upon 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 661-868-1057.



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.

Two simple behavior changes

*This “Healthy Choices” Slideshow will highlight some of the information presented by the Kern County Aging and Adult Services Department at their SNAP-Ed presentations to seniors. **(click here for the presentation schedule)**.*

- 1) *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).*



- 2) *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.**

Making Nutritional



“Healthy Choices”

At Kern County Aging and Adult Services “Healthy Choices” presentations, seniors learn about the health benefits of nutritional behavior change in your life and show how eating fruits and Vegetables can help you gain these health benefits.
*** As always, you should check with your physician before you begin any diet or exercise program.**

Making Nutritional



“Healthy Choices”

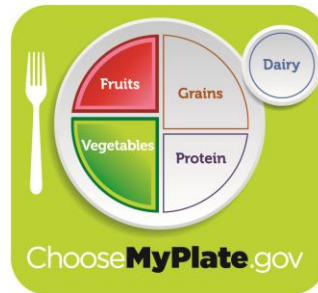


The first behavior change discussed is to consume more fruits and vegetables with at least 3 and 1/2 cups of fruits and vegetables (1 and 1/2 cups fruit and 2 cups vegetables).

Making Nutritional



“Healthy Choices”



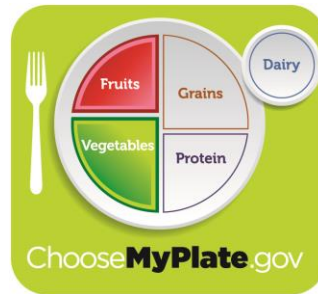
Why is it Important to Eat Vegetables?

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall [healthy diet](#) are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Making Nutritional



“Healthy Choices”



Three health benefits of eating at least 1½ cup of fruits and 2 cups of vegetables every day:

- ✓ 1. Improve Health
- ✓ 2. Quality of Life
- ✓ 3. Feel Better

Making Physical Activity



“Healthy Choices”

At Kern County Aging and Adult Services “Healthy Choices” presentations, seniors learn about the health benefits that can be attained with increased physical activity levels.

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

Making Physical Activity



“Healthy Choices”



*The second behavior change may allow seniors to gain health benefits by participating in more physical activity each day **in consultation with your physician.***

The CDC states that your “Quality of Life” is improved tremendously by the participating in Physical Activity each day.

Benefits of Making Activity Related



“Healthy Choices”

Being physically active may help you:

- ✓ Increase your chances of living longer
- ✓ Feel better about yourself
- ✓ Decrease your chances of becoming depressed
- ✓ Sleep well at night
- ✓ Move around more easily
- ✓ Have stronger muscles and bones
- ✓ Stay at or get to a healthy weight
- ✓ Be with friends or meet new people
- ✓ Enjoy yourself and have fun





“Healthy Choices” **for a Better Tomorrow**

Heart Disease, Diabetes, and other chronic diseases affect many people in their Golden Years.
But Healthy Choices can make a difference!



**Join us at one of the following Kern
County Aging and Adult Services
presentations and learn how to
make “Healthy Choices”
a part of your life**

**[Click Here for the current schedule of
“Healthy Choices” Presentations](#)**

The SNAP-Ed "Healthy Choices for a Better Tomorrow" 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).