





"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.

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.***

Staying Healthy through Education and Prevention (STEP)

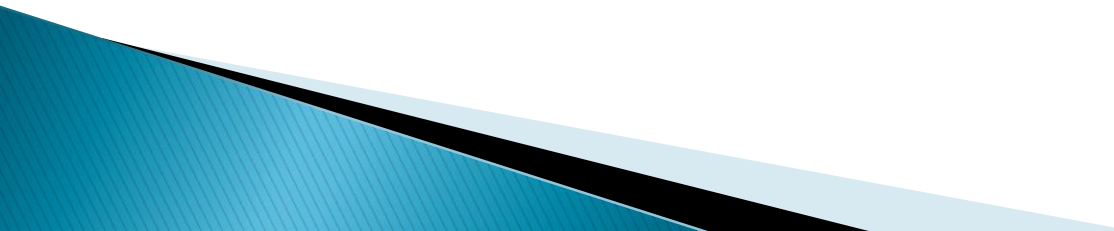
The STEP program is an evidence-based 10- week exercise program focusing on walking and strength training for seniors.



Why is the STEP Program different?

- ▶ STEP provides a welcoming environment
- ▶ STEP promotes positive group dynamics
- ▶ STEP emphasizes safety through body awareness, social support, goal setting, and exercise principles.
- ▶ “Do what you think is right for you!”

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

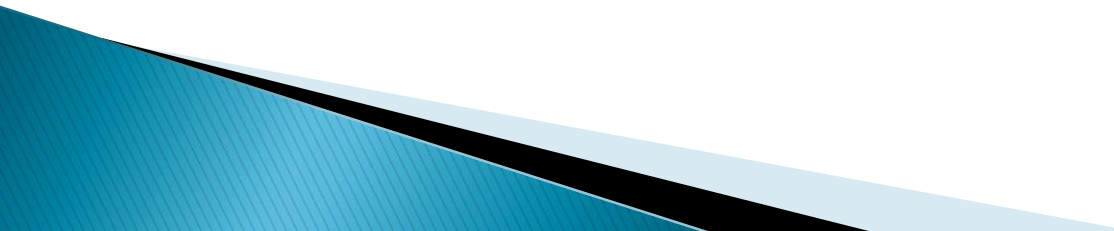


The Purpose of the STEP Program

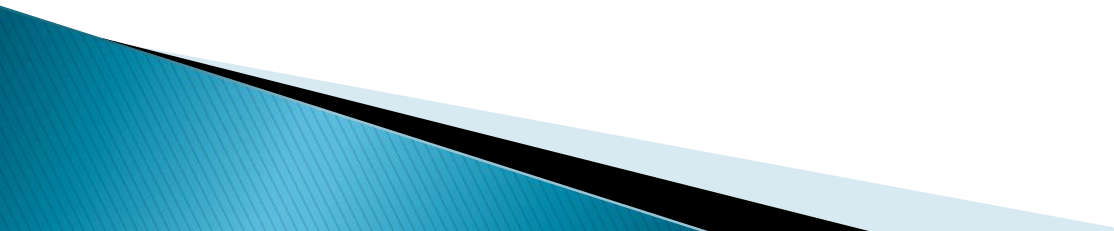
- ▶ Seniors learn that it is important to be active and eat healthy at every age
- ▶ Fosters excitement about physical activity, and to progressively increase the confidence of seniors in their ability to resume or begin a physically active lifestyle.



Benefits of the STEP Program

- ▶ May improve mental health and cognitive function
 - ▶ May increase health and quality of life through the following exercise types
 - Aerobic exercises: build endurance and cardiovascular health
 - Strength exercises: build and maintain muscle mass for denser, stronger bones
 - Balance exercises: improved balance, flexibility, and coordination
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STEP Program Goals

- ▶ Enhance overall health and prevent physical decline
 - ▶ Build and help maintain a physical activity routine of walking about 150 minutes a week
 - ▶ Learn strength and balance exercises to help improve balance and coordination
 - ▶ Learn new positive skills to help overcome barriers to our physical activity routines
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Behavioral Coaching Sessions

- ▶ Behavioral coaching sessions explore topics to help seniors overcome barriers that make physical activity difficult
- ▶ Topics of discussion include
 - Types of physical limitation
 - Self-awareness of daily physical activity
 - Barriers to physical activity
 - Social support and motivation

Exercise Principles

- ▶ **Rating of Perceived Exertion Scale (RPE)**
- ▶ **F.I.T.T.**
 - **F** = Frequency (how often to exercise)
 - **I** = Intensity (how hard to exercise)
 - **T** = Time (how long to exercise)
 - **T** = Type (what kind of exercises)

Let's workout!



STEP Participants



STEP Participants



STEP Participants



Participant Testimonials



"It's just great and keeps me limber!"



"I feel more energy and I like the way the instructors teach. I've only missed class once!"



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).