



HEALTH AND WELLNESS POWERED  
LIVING (SENIORS/ADULTS)

# EAT WELL & GET ACTIVE CAMPAIGN





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# DEAR PARTNERS,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post this materials throughout your site to raise awareness for the topics shared.

This quarter (April-June) our focus is the topics: Nutrition and Physical Activity. The toolkit will focus on Heart Health and Hydration. Heart health is particularly important, as cardiovascular diseases are the number one cause of morbidity and mortality in the world. However, the risk for cardiovascular diseases can be mitigated by lifestyle interventions such as diet, exercise, and stress management. In this toolkit you will find shareable information about these topics as well as the importance of staying hydrated, especially during exercise. As we enter the new year, it is a perfect time to encourage and support your community to make small changes that lead to big health improvements!

Best,

Nutrition Education Team  
Community FoodBank of New Jersey



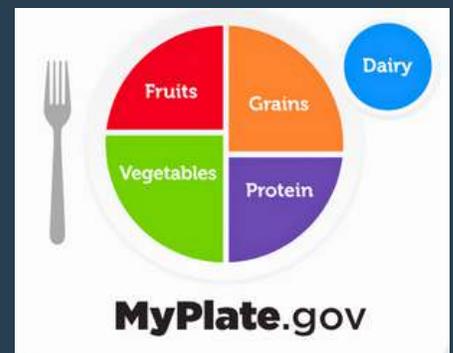


# KEEPING A HEALTHY HEART

## February is Heart Health Month!

### TAKE A GLANCE AT THESE HEART HEALTHY HABITS YOU MIGHT TRY TO PUT INTO PRACTICE!

- **Exercise** for at least 30 minutes per day
- **Sleep** 7-8 hours every night
- Eat a **balanced diet**
  - Include all 5 MyPlate food groups
  - **Limit sodium** and **saturated fat**
    - learn more about sodium: [here](#)
    - learn more about fats: [here](#)
  - Add color and variety to your plate
  - **Include foods high in fiber** like fruits, vegetables, and whole grains
- **Decrease stress** through connection. Learn more from [this article](#)



# ...KEEPING A HEALTHY HEART

## Heart Healthy Recipes



Chilled Peanut  
Noodle Salad  
with  
Avocado and  
Cucumber



Build-a-  
Bear  
Pancake



Patatas  
Bravas



Spinach Bean  
Soup



Jollof Rice

Each of these  
recipes contains  
one or more  
good sources of  
fiber!



# STAYING HYDRATED DURING PHYSICAL ACTIVITY

## Ways to stay hydrated

- Drink 2 to 3 cups of water about 2 hours before exercise
- Hydrate every 15 to 20 minutes during exercise (*especially in warm weather*)
- Keep refillable bottle or water bottles nearby
- Set reminders for yourself to stay hydrated
- Decrease salt intake

## Hydrating foods

- A diet filled with fruits and vegetables with high water content such as
  - tomatoes
  - watermelon
  - cucumbers
  - cantaloupes
  - celery
  - eggplants
  - bell peppers
  - broccoli
- During winter months teas, soups and broths are a great way to stay hydrated.



# ENCOURAGING PHYSICAL ACTIVITY & NUTRITION IN YOUR COMMUNITY

- SHARE CAMPAIGN PAGES (PG. 4-6) WITH NEIGHBORS
- PRINT AND SHARE RESOURCES ON PHYSICAL ACTIVITY, HEART AND GUT HEALTH (ON PG. 8)
- HOST NUTRITION WORKSHOPS
- HOST PHYSICAL ACTIVITY/MOVEMENT WORKSHOP
- OFFER WATER BASED FRUITS AND VEGETABLES AT COMMUNITY GATHERINGS



## INFORMATION



### Physical Activity

30 minutes of exercise every day can decrease stress and improve heart health.



### Eat Healthy

Including fiber in your diet can improve heart health and gut health



### Stay Hydrated

Add fruit to your water overnight for some flavor.



### Decrease Stress

Meditation is a helpful tool for reducing stress.

## ENCOURAGING MINDFUL NUTRITION AND PHYSICAL ACTIVITY INTO THE NEW YEAR

## JANUARY

- Celebrate the New Year with new SMART goals
- Brainstorm different way to include physical activity and movement into your day

## FEBRUARY

- Try a new recipe to celebrate Heart Health month
- Write a friend a letter for Valentine's Day or International Friendship month

## MARCH

- Focus on gut health during National Colorectal Cancer Awareness month
- Focus on women's health for National Women's History month
- Do some stress relieving arts and crafts for National Craft month

## PHYSICAL ACTIVITY AND MOVEMENT



CHAIR YOGA



DANCING



WALKING

# Resources, Handouts & Flyers

## Staying Active this New Year

**MOVE YOUR WAY**  
How can I stay active as I get older?  
OLDER ADULTS

These 3 types of physical activity can help you stay healthy and independent:

- Aerobic activity**
- Muscle-strengthening activity**
- Balance activity**

**Get your heart beating faster.**  
Aerobic activity can help you do everyday tasks and keep your mind and memory sharp. Try these simple activities:

- Go for a swim or bike ride.
- Walk around the neighborhood — or inside your home when the weather's bad.
- Play a sport with friends — consider pickleball or tennis.

Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

**Just getting started?**  
No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

**Build your muscle strength.**  
Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar. Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles.
- Carry groceries.
- Lift weights — or fill a plastic bottle with water and lift that instead.

Aim for at least **2 days a week** of muscle-strengthening activity.

## Focusing on Heart Health in February

**WOMEN AND STRESS**

**Chronic Stress and Women's Health**  
Chronic stress can lead to health problems. It can also lead to unhealthy habits like overeating, skipping meals, and not getting enough sleep.

**Healthy Ways to Cope with Stress**

Special to your doctor about stress to your doctor about how you feel about your health.

**Take care of your body.**

Learn More at [heart.org/Stress](http://heart.org/Stress)

## Spring Cleaning the Gut

**EAT THIS FOR GUT HEALTH**

**FIBER** **PREBIOTICS** **PROBIOTICS**

**WHY IT'S IMPORTANT**

- Improved absorption of nutrients
- Enhanced immune function
- Reduced bloating
- Regular bowel movements

**PICK THESE:**

**PROBIOTICS** **FIBER** **PREBIOTICS**

- Found in yogurt, fermented foods & beverages
- Includes fiber in fruits, vegetables, legumes, & whole grains
- Includes honey, onions, & leeks
- Provides "good bacteria" for your gut
- Regulates & maintains bowel health
- Acts as the "food" for gut-protecting probiotics

**CONSUME PROBIOTICS AT LEAST ONCE EVERY DAY**

- AIM FOR 25 GRAMS
- AIM FOR 38 GRAMS

**TRY TO PAIR PROBIOTICS WITH PROBIOTICS**

**FOCUS ON:**

- VARIETY**: Seek fortified AND whole foods that support gut health.
- MEAL SIZE**: Practice mindful & intuitive eating to prevent overeating.

## The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:

- Reduce feelings of depression and stress**
- Enhance your mood and overall emotional well-being**
- Increase your energy level**
- Improve sleep**

To learn more about the benefits of exercise visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise). NIH National Institute on Aging

**THAT HEART'S NOT GOING TO START ITSELF**  
DON'T BE AFRAID, GIVE CPR. SAVE A LIFE.

**More than 350,000** out-of-hospital cardiac arrests occur each year in the United States.

**DOUBLE OR TRIPLE** But currently, bystanders only perform CPR 46% of the time.

**46% of the time**

In a nationwide online survey, respondents commented on why they did not perform CPR on someone in cardiac arrest despite having the opportunity to do so:

- 31% Afraid of legal consequences
- 24% CPR was complicated
- 16% They had not been trained for performing CPR
- 28% They thought they were not qualified to perform CPR
- 18% They did not feel confident performing CPR
- 14% They did not see someone performing CPR

**2 STEPS TO SAVE A LIFE:**

1. Call 911
2. Push Hard & Fast

Learn more at [heart.org](http://heart.org)

**IS HEALTHY AGING CONNECTED TO THE GUT MICROBIOTA?**

**WHY DOES IT MATTER?**  
Gut microbiota play a key role in health, digestion, and immunity. Losing gut microbial diversity, particularly after 60, may be the consequence and function of the microbiota in aging.

**DO YOU KNOW?**  
Between 2015 and 2050, the proportion of the world's population over 60 years old nearly doubles from **12% to 22%**.

**FACTORS THAT CAN IMPACT YOUR GUT MICROBIOTA**

**DIET AND ENVIRONMENTAL FACTORS:** Diet, stress, antibiotics, and environmental factors can impact gut microbiota.

**PROBIOTIC FACTORS:** Probiotics can help restore gut microbiota diversity.

**HOW TO PROMOTE HEALTHY AGING:** Eat a diet rich in fiber, fruits, and vegetables. Stay hydrated. Exercise regularly. Manage stress.

**MOVE TOWARDS TO A HEALTHY AGING BEST:** Increase physical activity, improve diet, and manage stress.

INNOVATIONS in Gut Health

**Health Benefits of Physical Activity FOR ADULTS 65 AND OLDER**

**IMMEDIATE**  
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

- Sleep**: Improves sleep quality.
- Less Anxiety**: Reduces feelings of anxiety.
- Blood Pressure**: Reduces blood pressure.

**LONG-TERM**  
Regular physical activity provides important health benefits for chronic disease prevention.

- Brain Health**: Reduces risk of developing dementia (including Alzheimer's disease) and reduces risk of depression.
- Heart Health**: Lowers risk of heart disease, stroke, and type 2 diabetes.
- Cancer Prevention**: Lowers risk of eight common cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach.
- Healthy Weight**: Reduces risk of weight gain.
- Independent Living**: Helps people live independently longer.
- Bone Strength**: Improves bone health.
- Balance and Coordination**: Reduces risk of falls.

Emerging research suggests physical activity may also help boost immune function. Source: "The Changing Face" of Physical Activity, CDC, 2013.

**EAT MORE COLOR**

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

- BLUE & PURPLE**: Blueberries, grapes, plums, eggplant, purple grapes, red cabbage, purple cauliflower, purple sweet potatoes.
- RED & PINK**: Watermelon, strawberries, raspberries, pink grapefruit, tomatoes, pink grapefruit, watermelon.
- GREEN**: Spinach, green beans, green peas, green lentils, green onions, green bell peppers, green tomatoes, green apples, green pears, green kiwis, green grapes, green plums, green peaches, green nectarines, green mangoes, green papayas, green guavas, green pineapples, green melons, green cantaloupes, green honeydews, green chilies, green jalapeños, green serranos, green poblanos, green Anaheim peppers, green Hatch peppers, green New Mexico peppers, green Fresno peppers, green ghost peppers, green Carolina reapers, green habaneros, green scotch bonnets, green Scotch bonnets, green jalapeños, green serranos, green poblanos, green Anaheim peppers, green Hatch peppers, green New Mexico peppers, green Fresno peppers, green ghost peppers, green Carolina reapers, green habaneros, green scotch bonnets, green Scotch bonnets.
- ORANGE & YELLOW**: Carrots, sweet potatoes, yellow corn, yellow squash, yellow bell peppers, yellow onions, yellow tomatoes, yellow mangoes, yellow pineapples, yellow guavas, yellow kiwis, yellow peaches, yellow nectarines, yellow plums, yellow grapes, yellow pears, yellow apples, yellow lemons, yellow limes, yellow oranges, yellow tangerines, yellow mandarins, yellow grapefruits, yellow cantaloupes, yellow honeydews, yellow chilies, yellow jalapeños, yellow serranos, yellow poblanos, yellow Anaheim peppers, yellow Hatch peppers, yellow New Mexico peppers, yellow Fresno peppers, yellow ghost peppers, yellow Carolina reapers, yellow habaneros, yellow scotch bonnets, yellow Scotch bonnets.
- WHITE**: Cauliflower, white beans, white lentils, white rice, white quinoa, white pasta, white bread, white flour, white sugar, white salt, white vinegar, white wine, white vinegar, white wine.

**EAT SMART MOVE MORE BE WELL** [heart.org/HealthyForGood](http://heart.org/HealthyForGood)

**4 REASONS TO FALL IN LOVE WITH YOGURT**

**HEALTHY BONES AND HEART**  
Yogurt is a source of calcium and potassium, two nutrients that are essential for bone health and heart health.

- Calcium**: 100g of yogurt provides 100mg of calcium, which is 20% of the daily recommended intake.
- Potassium**: 100g of yogurt provides 100mg of potassium, which is 20% of the daily recommended intake.

**HEALTHY OUT**  
Yogurt is a source of probiotics, which are beneficial for gut health and immune function.

Click on the images to download and print them to share with your organization, partners, and neighbors!