



Set Your Goals



Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.

My Personal Goals

I will eat _____ cup(s) of **fruits** and _____ cup(s) of **vegetables** every day.

I will get at least _____ minutes of **moderate-intensity physical activity** on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups of fruits 	_____	_____	_____	_____	_____	_____	_____
# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
Cups of vegetables 	_____	_____	_____	_____	_____	_____	_____
# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)	# of cup(s)
Minutes of physical activity 	_____	_____	_____	_____	_____	_____	_____
# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes	# of minutes



Exercises

These four exercises are designed to help you **increase flexibility**. Each one can be done in a **seated position or standing up**. In addition to at least 30 minutes of moderate intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth.

1 Neck Rolls



- Sit or stand with straight posture
- Roll head towards right shoulder
- Roll head towards back
- Roll head towards left shoulder
- Roll head towards chest
- Do these motions fluidly, 10 times in one direction
- Repeat 10 times in the other direction



Exercises

2 Shoulder Rolls



- Sit or stand with straight posture
- Roll shoulders forward
- Repeat 10 times
- Roll shoulders backward
- Repeat 10 times



Exercises

3 Wrist Rotations



- Sit or stand with straight posture
- Hold both hands in front of body, arms outstretched
- Rotate wrists in a circle in one direction
- Repeat 10 times
- Rotate wrists in a circle in the other direction
- Repeat 10 times



Exercises

4 Ankle Rotations



- Sit or stand with straight posture
- If sitting, lift both feet off the floor
- If standing, hold back of chair and lift right foot off the floor
- Rotate ankle(s) in a circle in one direction – Repeat 10 times
- Rotate ankle(s) in a circle in the other direction
- Repeat 10 times
- If standing, repeat with left foot



Participant Feedback Sheet

for Session 4, Eat Smart, Spend Less

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

Today's Date: _____

1. How useful was the information you learned from this session?

(Mark one response.)

- Not at all useful
- Somewhat useful
- Useful
- Very useful

Why or why not?

2. Are you planning to eat more fruits and vegetables next week?

(Mark one response.)

- Yes
- No
- I am not sure

3. Are you planning to increase your physical activity next week?

(Mark one response.)

- Yes
- No
- I am not sure

4. What did you like the most about this session?

5. What did you like the least about this session?

6. How did you hear about this *Eat Smart, Live Strong* session?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program office
- Friend
- Senior center
- Poster
- Flyer
- Newsletter
- Place of worship
- Other – specify

7. In which programs do you participate?

(Mark all that apply.)

- Supplemental Nutrition Assistance Program
- Commodity Supplemental Food Program
- Senior Farmers' Market Nutrition Program
- Home delivered meals
- Congregate meals
- Food bank or pantry

Thank you for participating in *Eat Smart, Live Strong*!