

Training for Retirement
Module #3: Healthy Eating

Materials

- Bring a healthy treat for the participants. Prepare something that's nutritious and easy for them to do at home. They can eat this during the session in light of the theme.
- Distribute Canada's Food Guide for Older Adults (you may need to print this from computer or get copies from somewhere)
- 2 pages poster board, markers
- Prepare your own action plan by filling out the handout for your own healthy eating goal.

Introduction

Ask how everyone's week went. Did they do the daily dose? Did they "fall-proof" their home? Are there challenges you are facing you can share to the group?

Today's topic is on healthy eating. Today we will build on your knowledge of healthy eating, we'll talk about the dos and don'ts of healthy eating, and create an action plan that builds upon SMART goals in module 1.

Active Warm up (5 min) *Need a sturdy chair or table for participant to hold on.*

- Knee curl: targets thigh muscles
 - o Stand behind sturdy chair. Lift one leg for balance without bending your knee or pointing your toes. Breathe in slowly
 - o Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you're standing on should be slightly bent.
 - o Hold for 1 second. Breathe in slowly as you lower the foot to floor.
 - o Repeat on other leg. They can do this at home for 10-15 reps.

Introduction: Importance of eating well and ageing well (2 min)

- Growing older means your body goes through changes but it does NOT mean you immediately come down with health problems or diseases – bad health and poor quality of life is not automatic as soon as you become a senior!
- Healthy living (i.e eating well and exercising) can help you adjust the natural aging process and retain your youth vigour!
- Scientific studies have shown that vegetables and fruit (especially dark green, orange, yellow, red) contain natural disease fighting ingredients called phytochemicals. If everyone ate 5-10 servings of veggies and fruit per day, the current cancer rate would be reduced by as much as 20%!

Dos and Don'ts (10 min) *Need 2 pages poster board, markers, Canada's food guide*
Split into two teams. One group is "do" and the other group is "don't." Have them make a list of dos and don'ts for healthy eating. Give them Canada's Food Guide as a reference, and topics such as grocery shopping, food groups, serving sizes, cooking methods, good food, bad food, carbs, protein, fat, nutrition labels. Pick one representative from each group to share their responses to the entire group.

Consultant Copy

Daily Dose (5 min)

- “Daily Dose” is a way to make physical activity into your daily routine. How it works is you attach a physical activity to a daily routine and location. Everybody stands up for this and does it together while you demonstrate first.
- Today’s daily dose is the **alternating hamstring curl**
 - o Done in the bathroom when brushing your teeth
 - o Tuck in your pelvis and tighten stomach muscles (like when coughing)
 - o Stand straight with legs apart, knees slightly bent
 - o Slowly lift your right heel behind you toward your buttock and lower to the ground
 - o Repeat the exercise, alternating leg

Activity: Action Plan for Healthy Eating (10 min) *Distribute Action Plan handout, Food Portions Log*

- The easiest way to move toward healthy eating every day is to set goals and have an action that you can really meet. Remember our first module? We are going to build upon that! Try to use the things you learned from the dos and don’ts activity.
- On the handout, write a goal you can and WANT to do. Make it attainable within this month.
 - o Ex. I will eat one more fruit and one more vegetable; I will try a fruit or vegetable this week that I have never tried before; I will eat fish once this week; I will choose whole grain bread for my sandwich; I will drink one more glass of water each day; I will do most of my shopping at the perimeter of the grocery store because that’s where the fresh foods are.
- Using the food portions handout, circle the servings of whatever food group you ate every day. This is their homework for the week.
- *Everyone fills out their action plan for ~7 min. Complete your own action plan related to healthy eating ahead of time people can look at it for reference.*

Closing (5 min)

- Eating a variety of foods from each food group helps you get energy and nutrients you need each day. Nutritious choices include whole grains, vegetables, fruits, low fat milk, yogurt, lean meats, beans.
- Remember to keep up with ALL of your SMART goals
- Put your action plan in a place at home that you look at every day. **Pick someone to be your accountability partner and choose a day that he/she will check in (email/call/text/etc).** It can be someone in the group or your sibling, spouse, friend.
- Remember to fill out food portions log for the week.
- Do the daily dose every day!
- Date for next session
- ****Complete “Tracking your progress” chart from module 1. Fill out answers under “module 3”**