



Resources for Healthy Living

Listed below are topics for which you will find resources that may be helpful (click on a topic):

◇ Title IID Health Promotion Programs **Available Now**



Staying Active and Independent for Life
Fall Prevention
Classes (SAIL)



Active Choices
Telephone Assisted
Physical Activity
Counseling

◇ Increasing Physical Activity Levels/Ways to get more Physical Activity

◇ Eating Healthier

◇ Meal Planning, Shopping, and Budgeting

◇ Explore Healthy Recipes

◇ Recursos CalFresh En Espanol



Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older.

Performing exercises regularly that improve strength, balance and fitness is the single most important activity that adults can do to stay active and reduce their chances of falling.

Activities for a six week **SAIL** program are shown below.

Participants will:

- ⇒ Improve balance and mobility
- ⇒ Reduce risk of falls
- ⇒ Improve quality of life
- ⇒ Make new friends

Click on each week for more details



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Summary:

SAIL Participants will learn the importance of exercise and discuss ways to help determine their readiness for an exercise program. We will also review participants' specific needs in their exercise routines. For example, exercising with arthritis. Lastly, participants will learn tips to prevent painful experiences with exercise.

TOPICS

⇒ Monday:

- Are You Ready To Exercise?

⇒ Wednesday:

- Choosing the Right Exercise Plan For You

⇒ Friday:

- Exercise Should Not Be Painful

WEEK 1 CLASS 1



ARE YOU READY TO EXERCISE?

(Quiz)

▶ Rate your...

- ▶ Health
- ▶ Abilities
- ▶ Strength and Walking Ability

Are You Ready to Exercise?

The purpose of this quiz is to help you decide whether it's safe for you to start an exercise program, or to return to exercise after a health-related disease.

Section 1. Rate Your Health
Please answer these questions first:

1. Has your doctor or other health care professional told you NOT to exercise, or told you that you must restrict your activity? Yes No
2. Is PAIN preventing you from exercising? Yes No
3. If you answered YES to question 2, please circle the number that describes your pain on a scale of 0 (no pain) to 10 (worst pain):
0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
No pain Medium pain Severe pain
4. If you answered YES to question 2, did you rate your pain at 5 or higher? Yes No

If you answered YES to ANY of the questions in Section 1, you may not be ready to start or return to an exercise program. Please discuss exercise with your doctor.
If you answered NO to ALL of the questions in Section 1, please go to Section 2.

Section 2. Rate Your Abilities
Can you help do the following activities?

5. Can you dress and bathe/shower without the help of another person? Yes No
6. Can you prepare or obtain your own meals? Yes No
7. Can you do your usual household chores (such as cleaning, laundry, gardening)? Yes No
8. Can you use the telephone (including looking up numbers, dialing, and answering)? Yes No
9. Can you do your own errands and shopping? Yes No

If you answered YES to AT LEAST THREE of the questions in Section 2, please go to Section 3.
If you answered NO to AT LEAST THREE of the questions in Section 2 because of your health, you may not be ready to start or return to an exercise program. Please discuss exercise with your doctor.



Week 2

Summary:

SAIL Participants will learn how to incorporate weights safely as part of their exercise routine. We will also discuss the importance of balance in everyday activities and exercises that improve balance. Lastly, participants will learn about the benefits of group classes.

TOPICS

⇒ Monday:

- Stay Strong with Weights

⇒ Wednesday:

- Include Balance in Your Exercise Plan

⇒ Friday:

- Exercising in Group Classes

WEEK 1 CLASS 2



CHOOSING THE RIGHT EXERCISE PLAN FOR YOU

- ▶ If you have musculoskeletal (back problems, arthritis, fibromyalgia, or injury), heart or lung health problems, ask your health care provider for a referral for evaluation and exercise instructions.
- ▶ Always talk to your health care provider about what kinds of exercise are best for you and about specific exercise instructions, especially if new health problems occur.





Summary:

SAIL Participants will learn to create an individualized exercise plan to fit their needs. Participants will also learn about resources that can be used at home for their exercise routines.

TOPICS

⇒ Monday:

- Resources For Exercising At Home

⇒ Wednesday:

- Your Exercise Plan

⇒ Friday:

- Timing is Everything



**Week
4**

Summary:

SAIL Participants will learn about exercising after a break, injury, surgery and other instances that might but on hold their exercise routine. We will review the importance of making a full recover before continuing their regular exercise routine.

TOPICS

⇒ Monday:

- Returning To Exercise After A Break

⇒ Wednesday:

- Exercising After An Injury

⇒ Friday:

- Exercising After Surgery

Week

5

Summary:

SAIL Participants will learn about the importance of vision and hearing in preventing falls. We will discuss risk factors to osteoporosis and treatments you can discuss with your doctor. Lastly, we will talk about HICAP, a resource in our department that can help with Medicare related questions.

TOPICS

⇒ Monday:

- Maintaining Your Eye And Ear Health

⇒ Wednesday:

- Protecting Yourself From Osteoporosis

⇒ Friday:

- Medicare Has You Covered (HICAP)

Week

6

Summary:

SAIL Participants will learn about the affects of medications on the ability to exercise. We will also discuss how to stay safe and informed about their medications. Lastly, we will cover tips to communicate with your doctor about your health needs.

TOPICS

⇒ Monday:

- Use Your Medications Wisely

⇒ Wednesday:

- Managing Your Medications

⇒ Friday:

- Talk With Your Doctor

Active Choices

is an individualized one-on-one telephone-support program that was created at the Stanford Prevention Research Center and helps older adults to incorporate their preferred physical activities in their daily lives.

An Active Choices facilitator provides consistent support through telephone contact to help you develop a physical activity routine customized to fit your needs, abilities, and goals.



THE ACTIVE CHOICES PROGRAM IS FREE AND OFFERS:

- Convenient and flexible telephone assistance to seniors, 60 + years, in Kern County who want to be more active
- One-on-One counseling to discuss physical activity with a facilitator/ counselor from Kern County Aging & Adult Services
- Tips and resources for self-managing physical activity

Create a physical activity plan that fits your lifestyle!

** Contact a Kern County Aging & Adult Services Health Education Assistant to sign-up:*

Carmen Gallardo: 661-868-0889, gallardoc@kerncounty.com

Monica Raya: 661-868-1068, rayam@kerncounty.com

Mary Barrios: 661-868-1065, barriosm@kerncounty.com



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Active Choices Facilitators work with clients to structure a physical activity plan to fit lifestyle, preferences, and resources.

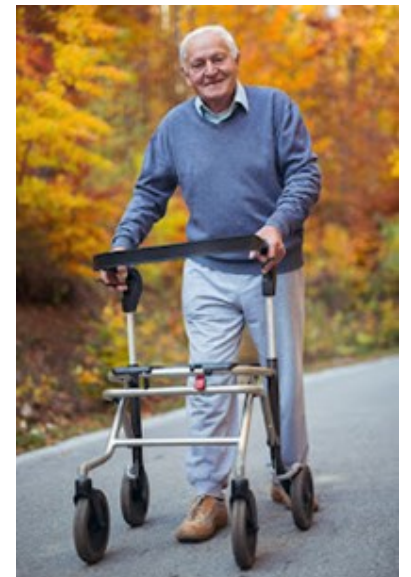


Physical Activity Benefits can include

- | | |
|---|--|
| <ul style="list-style-type: none">• Improve fitness• Reduce body fat• Increase muscle• Improve sleep• Control blood pressure• Control weight | <ul style="list-style-type: none">• Improve mood• Manage stress• Enhance memory• Reduce disease risk• Improve physical abilities• Slow effects of aging |
|---|--|



Support & assistance is offered to help older adults reach goals they set for themselves.



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Carmen Gallardo: 661-868-0889, gallardoc@kerncounty.com
Monica Raya: 661-868-1068, rayam@kerncounty.com
Mary Barrios: 661-868-1065, barriosm@kerncounty.com



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Title IIIID programs are presented by the Kern County Aging & Adult Services Department through an agreement with the California Department of Aging. *As always, you should check with your physician before you begin any diet or exercise program.

Increasing Physical Activity Levels — links for additional information

Exercise and Physical Activity (National Institute on Aging)
https://www.nia.nih.gov/health/exercise-physical-activity
Physical Activity (USDA):
https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/physical-activity
Current Physical Activity Guidelines for Americans
https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
Physical Activity (Office of Disease Prevention and Health Promotion)
https://health.gov/our-work/physical-activity

Eating Healthier—links for additional information

Resources to help make healthful eating choices: https://www.nutrition.gov/
Healthy Eating Using My Plate (USDA): https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/healthy-eating-using-myplate
Food Safety (USDA): https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/food-safety
SNAP-Ed Cooking Basics: https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/cooking
What's on your plate? https://cachampionsforchange.cdph.ca.gov/en/Documents/MyPlate3.pdf
Choose Water: https://cachampionsforchange.cdph.ca.gov/en/tips/Pages/Choose-Water.aspx
2015-2020 Dietary Buidelines for Americans https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/
SNAP-Ed Cooking Basics: https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/cooking
What's on your plate? https://cachampionsforchange.cdph.ca.gov/en/Documents/MyPlate3.pdf
Choose Water: https://cachampionsforchange.cdph.ca.gov/en/tips/Pages/Choose-Water.aspx
2015-2020 Dietary Guidelines for Americans https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/

Meal Planning, Shopping, or Budgeting — links for additional information

Seasonal Produce Guide (USDA):

<https://snaped.fns.usda.gov/seasonal-produce-guide>

Meal Planning, Shopping, and Budgeting (USDA):

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/meal-planning-shopping-and-budgeting>

Eat Right When Moneys Tight (USDA):

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/eat-right-when-moneys-tight>

Eating Better on a Budget:

<https://cachampionsforchange.cdph.ca.gov/en/Documents/GetTheMost1.pdf>

What's on your plate?

<https://cachampionsforchange.cdph.ca.gov/en/Documents/MyPlate3.pdf>

Choose Water:

<https://cachampionsforchange.cdph.ca.gov/en/tips/Pages/Choose-Water.aspx>

2015-2020 Dietary Buidelines for Americans

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>

SNAP-Ed Cooking Basics:

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/coking>

What's on your plate?

<https://cachampionsforchange.cdph.ca.gov/en/Documents/MyPlate3.pdf>

Choose Water:

<https://cachampionsforchange.cdph.ca.gov/en/tips/Pages/Choose-Water.aspx>

2015-2020 Dietary Buidelines for Americans

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>

Explore Healthy Recipes

Recipes:

<https://www.nutrition.gov/recipes>

SNAP-ED Recipes (USDA):

<https://snaped.fns.usda.gov/nutrition-education/recipes>

SNAP-ED Simple Meals For One or Two (University of Rhode Island):

<https://web.uri.edu/snaped/recipes/simple-meals-for-one-or-two/>

CalFresh Healthy Living Recipes:

<https://cachampionsforchange.cdph.ca.gov/en/recipes/Pages/default.aspx>

Holiday Calendar Recipes:

<https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus>

Recursos CalFresh en Español

Ejercicio (National Institute on Aging)

<https://www.nia.nih.gov/espanol/ejercicio>

Adultos Activos:

<https://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet30BeActiveAdults-sp.pdf>

Es tu turno. Tú decides (USDA-actividad física):

https://health.gov/sites/default/files/2019-11/PAG_MYW_OlderAdults_FS%20sp.pdf

Recetas en Español de choosemyplate.gov/:

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/multiple-languages/multilanguage-spanish/recetas>

Recetas en Español de University of Oregon :

<http://foodhero.org/es/recipes/healthy-recipes>

Recetas en Español de National Institutes of Health/:

https://www.nhlbi.nih.gov/files/docs/public/heart/sp_recip.pdf

La Serie 10 Consejos de Educación en Nutrición ofrece información valiosa y fácil de seguir:

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/multiple-languages/multilanguage-spanish-10tips>

Seleccione sus bebidas saludablemente:

<https://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet19MakeBetterBeverageChoices-sp.pdf>