

Title: **Health By Design: Exercising in the New Year**

Date: Monday, January 8, 2008 – 11:30 – 12:30

Audience: Residents of Johnston Square are elderly, predominantly African-American females living in a senior citizen home. Clients are income eligible, or participate in the food stamp program.

Goal: To demonstrate easy physical activities that the clients can do with common household items in the comfort of their home.

Objective: By the end of the session, participants will have:

- Easy items to use to exercise
- Tips on how to exercise in the home

Outline: Follow scripting Health By Design “Physical Activity”

Major Points of the class will include:

- ✓ Interactive discussion on physical activity
- ✓ Demonstration of exercise tips
- ✓ Provide visual examples of tools inside the home
- ✓ Importance of exercise and health
- ✓ Active participation of participants using exercise equipment
- ✓ Taste test products

Activity: Participants will learn ways of exercising in the home with the use of common household items. They will be shown some exercises to do at home.

Handouts: Snack recipes

Healthy Snacks:

- ✓ Bean Burrito (tortillas, pinto beans, salsa) – also called Mexican pinwheels
- ✓ Trail mix (Peanuts, raisins, pretzels, popcorn? - microwaves)
- ✓ Tropical Log (banana, peanut butter, raisins) – also called Monkey Treats