



## NUTRITION - SESSION 1 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 1) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Healthy eating and physical activity are important for our health, especially as we age. Did you know?

- 12% of older adults eat enough fruits each day
- 11% of older adults eat enough vegetables each day
- 28% of older adults are physically inactive

Source: Centers for Disease Control and Prevention

Making healthy nutrition choices is something we can always get better at. Also, some physical activity is better than none. We can start by just trying to move more and sit less throughout the day. Over the next 10 weeks together, we will enjoy playing bingo, completing some simple exercises, and learning easy tips to help us eat healthy, cook healthier options, and make healthy choices when grocery shopping. Today we are going to discuss why healthy foods are so important to our bodies. During the exercise portion of the program, it is important to push yourself, but keep in mind that exercise should not hurt or make you feel really tired. Find a pace that makes you “feel good”. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain.

***The most important thing to remember over the next 10 weeks is to have fun!!***

## BINGO ROLLS (3)

**QUESTION 1** Which of the following best describes nutrients?

- a. Nutrients are found in foods that are essential for life and health
- b. Nutrients are the building blocks for repair and growth
- c. Nutrients are necessary for chemical processes in the body
- d. All of the above**

**Explanation:** Nutrients do all of those things for us. There are six classes of nutrients: carbohydrates, protein, fat, vitamins, minerals and water. Eating a variety of foods ensures we get all the nutrients our body needs.

Morning Walk Seated

30 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with both legs extended straight in front of you, with the back part of your heels touching the floor. Keeping your heels on the floor, slowly bring your toes towards the front of your leg, keeping both legs straight. Relax and lower both feet back to the starting position and then repeat.</li> </ul>	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 2: Which nutrients provide energy in the form of calories?</p> <ol style="list-style-type: none"> <li>Carbohydrates, fat, protein</li> <li>Vitamins and minerals</li> <li>Water</li> <li>All of the above</li> </ol> <p><b>Explanation:</b> When you hear the term "calorie" as it refers to food, it's describing the amount of energy contained in that food. Carbohydrates, fat, and protein all provide energy in the form of calories. However, while vitamins, minerals, and water are an essential part of our diet, they do not provide any calories.</p>	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.</li> </ul>	
Chair Stands	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

QUESTION 3: How does our body use the energy that it gets from food?

- a. To help move our muscles
- b. To help our lungs breathe
- c. To help our heart beat
- d. All of the above

**Explanation:** Our body uses energy that it gets from food in the form of calories to do all of its daily functions. Similar to how you put gas in a car so that it runs, we need energy to help our body function.

**BINGO ROLLS (3)**

Hip Raises Seated	30 seconds
<ul style="list-style-type: none"><li>Shift weight to the right hip and lift left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li></ul>	
Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"><li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li></ul>	

QUESTION 4: When energy from food turns into fuel for our bodies, it is called:

- a. Metabolism
- b. Carbohydrates
- c. Calories
- d. Protein

**Explanation:** Metabolism is the process of converting calories come from carbohydrates, protein, and fat into fuel for the body

**BINGO ROLLS (3)**

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"><li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li><li>To increase difficulty, pump arms back and forth.</li></ul>	
Side Steps Seated	30 seconds
<ul style="list-style-type: none"><li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each sidestep. Now repeat with the left foot.</li></ul>	

**BINGO ROLLS (3)**

Thumb to Fingers	30 seconds
<ul style="list-style-type: none"><li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li></ul>	
Table Roll	30 seconds

- Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.

QUESTION 5: What is the body's preferred source of energy?

- a. Carbohydrates
- b. Energy drinks
- c. Protein
- d. Coffee

**Explanation:** Our body's favorite source for energy come from carbohydrates. Carbs are broken down into sugar that can be used as a quick source of energy for all of life's activities. It's important to find an eating plan that does not eliminate any specific food groups, but rather includes a variety of foods from all food groups.

### BINGO ROLLS (3)

Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>● Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
Breaststroke Seated	30 seconds
<ul style="list-style-type: none"> <li>● Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position with both legs extended straight in front of you, with the back part of your heels touching the floor. Keeping your heels on the floor, slowly bring your toes towards the front of your leg, keeping both legs straight. Relax and lower both feet back to the starting position and then repeat.</li> </ul>	
Goodbye, Neighbor! Standing	30 seconds
<ul style="list-style-type: none"> <li>● Stand. Then turn to the person on each side of you and shake their hand or give them a big hug!</li> </ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 2 (Leader)

### **Read aloud to the participants:**

The takeaway message from our first session was our body gets energy from food. Today we will learn more about carbohydrates, the body's preferred source of energy.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good". It should be enjoyable so have fun!

### BINGO ROLLS (3)

QUESTION 6: Carbohydrates are an important part of the diet. What foods contain carbohydrates?

[Use media, show a photo of each multiple-choice option]

- a. Pasta, cereal and oatmeal
- b. Fruits
- c. Vegetables
- d. All of the above

**Explanation:** It is often believed that breads, cereal and oatmeal make up the carbohydrate food group. While these are all carbohydrates known as grains, all fruits and vegetables are also part of the carbohydrate group. Choose healthier choices that provide more nutrients, such as whole wheat bread instead of white bread or doughnuts.

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with both legs extended straight in front of you, with the back part of your heels touching the floor. Keeping your heels on the floor, slowly bring your toes towards the front of your leg, keeping both legs straight. Relax and lower both feet back to the starting position and then repeat.</li> </ul>	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	

Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 7: Grains are a good source of carbohydrates. How much of your daily grains should be whole grains?</p> <ul style="list-style-type: none"> <li>a. None</li> <li><b>b. At least half</b></li> <li>c. At least 75%</li> <li>d. All</li> </ul> <p><b>Explanation: B. At least half</b> of your grains each day should come from whole grains. This will help ensure that you meet the recommendations for fiber, which helps with digestion, cholesterol and blood sugar.</p>	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.</li> </ul>	
Chair Stands	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 8: When ordering a sandwich, which type of bread offers the most whole grains?</p> <p><b>[Use media, show a picture of each multiple-choice option]</b></p> <ul style="list-style-type: none"> <li>a. Multigrain</li> <li><b>b. Whole wheat</b></li> <li>c. Wheat</li> <li>d. Sourdough</li> </ul> <p><b>Explanation:</b> Although the other breads may have wheat flour or contain wheat flour, they are usually enriched and do not have as many nutrients as a bread made with "whole wheat." Whole and enriched mean they were processed differently. Enriched flour has had nutrients removed and then added back in. Whole wheat versions have gone through less processing and retain more nutritional value.</p>	

BINGO ROLLS (3)	
Hip Raises Seated	30 seconds
<ul style="list-style-type: none"> <li>Shift weight to the right hip and lift left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li> </ul>	
Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
<p>QUESTION 9: True/False: Instant oatmeal packets are not a good source of whole grain oats.</p> <p>[Use media, show a picture of regular vs instant oatmeal]</p> <p>a. True</p> <p>b. <b>False</b></p> <p><b>Explanation:</b> Instant oatmeal can be a great source of whole grain oats, especially for those that are short on time. Look for lower sugar or plain versions of instant oatmeal. Pair it with a quick protein, like a boiled egg, and some fresh strawberries and you have a well-balanced breakfast! You can make it with milk to add a dairy serving to your day</p>	
BINGO ROLLS (3)	
Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each sidestep. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Table Roll	30 seconds
<ul style="list-style-type: none"> <li>Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 10: What does this stamp mean if you see it on a product? [Use media, show picture of 100% whole grain stamp, "whole wheat" vs "wheat" e.g. bread; circle stamp.]

- Half of the grains in this product are whole grains
- All of the grains in this product are whole grains
- This product contains at least one whole grain
- Nothing, it's just a marketing tactic

**Explanation:** If you see this stamp on a product, then you can be assured that 100% of the grains in that item are whole grains. Products that may have this label include cereal or bread, for example. We can also tell by making sure that the first ingredient is whole wheat flour instead of enriched wheat flour.

[Use same photo but circle 100% whole grain stamp, "whole wheat" and "wheat" e.g. bread]

### BINGO ROLLS (3)

Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
Breaststroke Seated	30 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with both legs extended straight in front of you, with the back part of your heels touching the floor. Keeping your heels on the floor, slowly bring your toes towards the front of your leg, keeping both legs straight. Relax and lower both feet back to the starting position and then repeat.</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**





## NUTRITION - SESSION 3 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 2) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

On day one we discussed the nutrients that provide energy for our bodies in the form of calories: carbohydrates, fat and protein. Last time we discussed carbohydrates. Today we will be learning more about fat, and the different types of fat we might find in our diet.

You may feel a little sore from last week but remember that's normal. We will begin to increase the amount of time we exercise, but although it is important to push yourself, make sure to find a pace that makes you "feel good". Have fun!

## BINGO ROLLS (3)

**QUESTION 11:** Fat is an important part of the diet. Eating which type of fat is linked to better heart health?

- a. Trans fats
- b. Unsaturated fat**
- c. Saturated fat
- d. Added sugar

**Explanation:** Research shows that diets high in unsaturated fats and low in saturated fats promote better cardiovascular health and a decreased risk for heart disease. Some sources of unsaturated fat are cold water fish (salmon, tuna, herring), olive and canola oil, avocados, nuts, and seeds

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg.</li> </ul>	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 12: Which of these is a difference between saturated fats and unsaturated fats?</p> <ul style="list-style-type: none"> <li>Saturated fats are usually solid at room temperature and unsaturated fats are usually liquid at room temperature</li> <li>Saturated fats generally come from animal sources and unsaturated fats from plant-based sources</li> <li>Saturated fats can raise cholesterol and unsaturated fats can help lower cholesterol</li> <li>All of the above</li> </ul> <p><b>Explanation:</b> Those are all differences between saturated and unsaturated fats. The easiest way to tell them apart is - saturated fat is solid at room temperature and unsaturated fat is liquid at room temperature. [Use media, show pictures of liquid fat vs solid fat]</p>	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

QUESTION 13: Some oils can be a good source of healthy fats. Which fat is the healthiest choice when cooking meat? [Use media, show pictures of each oil]

- a. Lard
- b. Olive or canola oil
- c. Butter
- d. Margarine

**Explanation:** Olive oil and canola oil are considered "heart healthy." Generally, fats such as these that are liquid at room temperature and have less saturated fat. They are more heart healthy because they can help improve cholesterol levels. Since it may not be realistic to avoid butter and margarine completely, try to look for tub-based margarines since they have less calories and fat than stick margarines.

#### BINGO ROLLS (3)

Chest Press Seated	40 seconds
<ul style="list-style-type: none"> <li>Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself.</li> </ul>	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down</li> </ul>	

QUESTION 14: Why do we call butter or fried foods "unhealthy" sources of fat?

- a. They decrease risk for chronic disease
- b. They can increase levels of "bad" cholesterol
- c. They make the food more expensive

**Explanation:** These sources of fat can cause levels of LDL cholesterol which is the "lousy" cholesterol to increase which increases the amount of plaque in the arteries and can increase the risk for heart disease, diabetes, and other chronic diseases. One way to tell if a fat is saturated is solid at room temperature. An example of a saturated fat, which is not heart healthy, is bacon fat, which is liquid when you cook it but solid at room temperature.

#### BINGO ROLLS (3)

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	

Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 15:</p> <p>Ellen says: "I am going to eliminate as much fat from my diet as I can." Do you think this is a good idea?</p> <ol style="list-style-type: none"> <li>Yes, she can have a diet with no fat and still be healthy.</li> <li>No, she needs fat in her diet to maintain good health.</li> </ol> <p><b>Explanation:</b> Fat is an important part of a healthy diet, especially unsaturated fat, as those are more heart healthy. Fat provides us with energy, helps protect our cells and organs, transports vitamins, and aids in hormone production.</p>	
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	

Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with both legs extended straight in front of you, with the back part of your heels touching the floor. Keeping your heels on the floor, slowly bring your toes towards the front of your leg, keeping both legs straight. Relax and lower both feet back to the starting position and then repeat.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 4 (Leader)

### **Read aloud to the participants:**

You may still feel a little sore and tired but hang in there. This means you are already getting stronger! Soon you will also feel the benefits! Today we will talk about the third nutrient that gives us energy – protein. After today's session you might want to try some new proteins on your plate!

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”.

### BINGO ROLLS (3)

**QUESTION 16:** Protein is an essential part of the diet. Protein from our diet functions to:

- a. Repair muscle and minimize muscle loss
- b. Heal wounds
- c. Fight infections
- d. All of the above**

**Explanation:** While protein helps with all of these, getting adequate protein as you age is especially important to minimize the loss of muscle. Protein in the diet, similar to exercise, is important to help maintain muscle as you age.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg.</li> </ul>	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 17: Which foods provide you with the recommended protein you need?</p> <ul style="list-style-type: none"> <li>a. Meats</li> <li>b. Plant-based foods</li> <li>c. Both A and B</li> </ul> <p><b>Explanation:</b> Both types of food sources can provide you with the recommended protein. Meat sources, called "complete proteins" already contain the essential nutrients in the food, such as chicken, fish, dairy and eggs. Plant-based sources, called "Incomplete proteins" need to be paired together in order to provide all the essential nutrients. An example would be pairing brown rice with beans. Each of them is an incomplete protein but eating them together gives you all the nutrients you need.</p>	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>o Push up with hands on seat/arms of wheelchair</li> <li>o Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>o Cross arms across chest when standing</li> <li>o Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

QUESTION 18: Which type of meat has less saturated fat:

- a. Ribeye steak
- b. 80/20 ground beef
- c. Chicken thighs
- d. Pork tenderloin

**Explanation:** It is the leanest cut of meat and has the least amount of saturated fat. When you see "marbling" in the meat, that is saturated fat, so you want to limit your intake of meats with a lot of marbling. Fish is another great option that is low in saturated fat.

#### BINGO ROLLS (3)

Chest Press Seated

40 seconds

- Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself.

Seated Balance Exercises

40 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down

QUESTION 19: True/false: Protein from plant-based sources tends to be lower in saturated fat and has no cholesterol.

- a. True
- b. False

**Explanation:** Plant-based sources of protein include tofu, nuts, seeds, and beans. When is the last time you had a "meatless" meal? Try a meatless Monday! Eat a veggie burrito with beans and rice to make sure you get your essential protein.

#### BINGO ROLLS (3)

Morning Walk Seated

40 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Side Steps Seated

40 seconds

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.

#### BINGO ROLLS (3)

Thumb to Fingers

40 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.



C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a “C” shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 20: Danny is a vegetarian. What food can Danny eat to fill the protein section of his plate?</p> <ol style="list-style-type: none"> <li>Tofu</li> <li>Nuts</li> <li>Beans</li> <li>All of the above</li> </ol> <p><b>Explanation:</b> All of these foods count towards Danny's protein portion on his plate! Tofu is a complete protein. Nuts have protein and heart healthy fats. Beans provide protein, energy, and fiber. Since nuts and beans aren't considered complete proteins, make sure to include other sources of protein throughout the day to give your body all the building blocks it needs to make the right amount of protein.</p>	
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with both legs extended straight in front of you, with the back part of your heels touching the floor. Keeping your heels on the floor, slowly bring your toes towards the front of your leg, keeping both legs straight. Relax and lower both feet back to the starting position and then repeat.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week!**



## NUTRITION - SESSION 5 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 3) to give to each participant after the session today!!\*\***

### **Topic: Portion Control**

#### **Read aloud to the participants:**

Over the last two weeks we've been talking about tips for healthy living, like maintaining a healthy weight, drinking water, etc., and we've discussed the food groups and which foods fall under each. This week, we're going to talk about the importance of paying attention to how much you're eating, or portion control. Today we will talk about what that means and explore how much you should be eating from the different food groups.

Don't forget that ChooseMyPlate.gov is a good place to find more information at home on the topic of portion control.

Also, don't forget to keep these things in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

So, keep that in mind, and let's get started.

*Note: A good "curriculum reinforcement for this session would be the MyPlate plate or MyPlate Snack Bag.*



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

## BINGO ROLLS (3)

**QUESTION 21:** MyPlate is used to help Americans choose what food groups to include in their diet. What food group is missing from this MyPlate image?

**[Use media, show image of MyPlate with the grain food group missing]**

- a. Vitamins
- b. Grains**
- c. Water
- d. Minerals

**Explanation:** Grains are a good source of fiber, vitamins and minerals. Vitamins and minerals are not a food group but are very important and found in healthy foods such as grains. **[Add image of MyPlate with grain category filled in.]**

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg.</li> </ul>	
Good Morning!	40 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.</li> </ul>	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> <li>Scoot forward in your chair. Now scoot back in your chair.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 22: How much of your plate should be fruits and vegetables?</p> <p>a. None</p> <p><b>b. At least half</b></p> <p>c. At least 75%</p> <p>d. All</p> <p><b>Explanation:</b> [Use media, show a labeled picture of MyPlate] Half of your plate should be fruits and vegetables. Vegetables should make up slightly more at 2 1/2 cups per day and fruits at 2 cups per day.</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

QUESTION 23: True/False: Corn, potatoes, plantains, and peas are all examples of starchy vegetables and included in the grains group.

a. True

b. False

**Explanation:** While all of these vegetables are considered to be starchy, they are loaded with nutrients and would be a good choice in the grain section.

### BINGO ROLLS (3)

Arm Curl Seated

40 seconds

- In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

Arm Extensions Seated

40 seconds

- Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head, as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.

QUESTION 24: What food could we add to this meal to HELP make it more healthy and balanced?

[Use media, show picture of MyPlate and an image of a meal that includes all food groups except grains]

a. Broccoli

b. Whole wheat tortillas

c. Mandarin oranges

d. Grilled fish fillet

**Explanation:** These are a whole grain carbohydrate choice that are packed with nutrients, B vitamins and fiber.

### BINGO ROLLS (3)

Morning Walk Standing

40 seconds

- Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Side Steps Seated

40 seconds

- Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.

### BINGO ROLLS (3)

Thumb to Fingers

40 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a “C” shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 25: True/False: Jane loves tomatoes, red peppers, watermelon and strawberries. Jane is eating a good variety of fruits and vegetables.</p> <p>[Use media, show picture of each food item, make sure watermelon is sliced so red interior is visible].</p> <p>a. True</p> <p>b. <b>False</b></p> <p><b>Explanation:</b> While tomatoes, red peppers, watermelon and strawberries are all healthy, Jane is only eating RED fruits and vegetables. This means she is missing out on certain nutrients. Eating a variety of colors of fruits and vegetables is necessary to ensure you are getting a wide range of nutrients. Each of the parts of fruit that give them their color does something different for the body. So next time you're in the store, "shop the rainbow."</p>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand behind a chair, and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs after 20 seconds, and repeat the exercise.</li> </ul>	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 6 (Leader)

### Read aloud to the participants:

We've already learned that a healthy diet includes foods from different food groups. Now let's start to think about how much of each food group is the right amount.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

### BINGO ROLLS (3)

**QUESTION 26:** What is the best way to ensure that you have a balanced daily diet?

- a. Eat 2,000 calories a day
- b. Limit high sugary foods like cookies and cake
- c. Eat from all food groups**
- d. Eat a diet high in protein

**Explanation:** Regardless of how many calories you eat, it is most important to ensure you are eating from all food groups in the MyPlate. This provides energy and essential vitamins and nutrients to support daily activities, growth, your immune system, and much more! Eating too little or too much of a certain nutrient can cause negative health consequences.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth</li> </ul>	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. With your ankle only, spell your name. Repeat with the opposite leg.</li> </ul>	
Good Morning!	40 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.</li> </ul>	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> <li>Scoot forward in your chair. Now scoot back in your chair.</li> </ul>	

### BINGO ROLLS (3)

QUESTION 27: What counts as one serving of fruit?

[Use media, show a photo of each multiple-choice option]

- a. 1/4 cup dried fruit
- b. 1 small apple
- c. 1/2 large banana
- d. All of the above

**Explanation:** Each of those servings counts as a serving of fruit.

Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"><li>● Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li></ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"><li>● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li></ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"><li>○ Push up with hands on seat/arms of wheelchair</li><li>○ Use cane or walker</li></ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"><li>○ Cross arms across chest when standing</li><li>○ Hold weight between hands</li></ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
QUESTION 28: Which of these counts as a serving of vegetables?	
[Use media, show a photo of each multiple-choice option]	
<ul style="list-style-type: none"><li>a. 1 cup uncooked collard greens</li><li>b. 1/2 cup of jicama</li><li>c. 1/2 of a bell pepper</li><li>d. All of the above</li></ul>	
<b>Explanation:</b> Each of those counts as a serving of vegetables. A good rule of thumb is that 1/2 cup of raw or cooked vegetables, or 1 cup of leafy greens counts as one serving of vegetables.	
BINGO ROLLS (3)	
Arm Curl Seated	40 seconds
<ul style="list-style-type: none"><li>● In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li></ul>	



Arm Extensions Seated	40 seconds
<ul style="list-style-type: none"> <li>Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.</li> </ul>	
<p>QUESTION 29: Found in the grains group, one cup of rice is closest in size to:</p> <ol style="list-style-type: none"> <li>Your thumb</li> <li>Your fist</li> <li>Two fists</li> <li>Your head (haha)</li> </ol> <p><b>Explanation:</b> Your clenched fist is equivalent to about 1 cup. That is a handy tool to use if you are out and about and trying to be mindful of portions. You may not take your measuring cups everywhere, but you will have your hands!</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each sidestep. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 30: When making your dinner plate, your serving of protein should be about the same size as:</p> <p>[Use media, show a photo of each multiple-choice option]</p> <ol style="list-style-type: none"> <li>Large pancake</li> <li>Golf ball</li> <li>Deck of cards</li> </ol> <p><b>Explanation:</b> A deck of cards is about 3 ounces and typically provides enough protein during a main meal. These needs may vary based on certain health conditions, so be sure to check with your doctor to find out the best amount for you.</p>	



BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right, gently pushing further into spinal rotation. Exhale as you gently push to the right. Inhale and return to center, then repeat to the left. Continue alternating from left to right.</li> </ul>	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand behind a chair, and place both hands on the back of the chair. With one leg bent at a 90-degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs after 20 seconds and repeat the exercise.</li> </ul>	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 7 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 4) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Welcome to week 4. You are doing great! You're learning more about healthy eating and getting stronger. Have you noticed you have more energy? Sleeping better? Good diet quality and exercise can help us feel energized and sleep better.

So far, we have discussed the nutrients that give us energy, what to include on a healthy plate, and how much of each food group to eat. Today we're going to learn about choosing healthy foods at the grocery store. You can practice today's food label skills the next time you're shopping for groceries.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

## BINGO ROLLS (3)

**QUESTION 31:** George is comparing granola bars at the grocery store. What things should he look for on the food label when making his choice?

- a. Granola bars with more fiber
- b. Granola bars with less added sugar
- c. Granola bars with more protein
- d. All of the above**

**Explanation:** A granola bar with these nutrients would be the most nutritious choice. Consider your personal needs (e.g., more fiber, more protein or less sugar) to make the healthiest choice for you.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth</li> </ul>	
Good morning!	40 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.</li> </ul>	

Rear Hip Extensions Standing	40 seconds
<ul style="list-style-type: none"> <li>Stand behind your chair and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. Keeping your head and back aligned, lift one leg behind you, keeping it straight. Repeat with the opposite leg. To add a balance challenge, hover your hands over the back of the chair, and/or close your eyes.</li> </ul>	
Seated Crunches	40 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 32: What ingredient does this cereal have the most of?</p> <p>[Use media, show food label ingredient list]</p> <p>A. Raisins</p> <p>B. Sugar</p> <p>C. Whole grain wheat</p> <p>D. Cannot tell without looking at the rest of the label</p> <p><b>Explanation: C. Whole Grain Wheat.</b> The ingredients on a food label are listed in order of the amount contained, so there is more of the first item listed than any other item. So be careful if the first item on the list is a nutrient you don't want a lot of, like added sugar found as the first ingredient in some cereals.</p>	
Modified Skier (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Bring both arms up over your head and extend them out.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

QUESTION 33: True/False: This package of granola bars contains 100 calories.

[Use media, show nutrition facts label]

- A. True
- B. **False**

**Explanation: False.** While this package does contain 100 calories per serving, there are two servings in the package. If eating 1 bar equals 100 calories, eating both bars doubles the calories to 200 because  $100 \times 2$  equals 200. If you eat the whole package, you are eating 200 calories. The serving size is important to look at because all of the amounts of nutrients listed are based on that serving size. If you eat double the serving size, then you need to double all of the amounts. It also doubles the other nutrients meaning more fat, more sugar, more vitamins, etc. [Use media, show nutrition facts label with servings per container = 2, serving size = 1 bar and total calories]

#### BINGO ROLLS (3)

Lateral Raises	40 seconds
<ul style="list-style-type: none"><li>While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then <u>slowly</u> release to starting position. To make this exercise easier, alternate raising each arm.</li></ul>	
Low Row Seated	40 seconds
<ul style="list-style-type: none"><li>From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.</li></ul>	

QUESTION 34: How can you use the percent daily value on a food label?

[Use media, show picture of food label with %DV highlighted]

- a. To tell if a food is high or low in a certain nutrient
- b. To see how much of a certain nutrient a serving provides You can use it as a reference to know how much of a nutrient you should consume each day
- c. As a reference to know how much of a certain nutrient you should consume each day
- d. **All of the above**

**Explanation:** The Daily Value is meant to serve as a reference point for the amount of each nutrient that a certain food provides. In this example, you can see that the percent daily value for sodium is 12% (use whatever is on the label). A good rule of thumb is 5 and 20. Look for 5% or less for unhealthy nutrients like saturated fat and added sugar. Look for 20% or more for healthy nutrients like fiber and calcium.

BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Standing	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each sidestep. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Power Grip	40 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 35: What percent of the daily value of calcium does one serving of this mac 'n cheese provide?</p> <p>[Use media, show pictures of a food label, have the other numbers in the food label as other nutrients]</p> <p>a. 8%</p> <p>b. 7%</p> <p>c. 11%</p> <p>d. 37%</p> <p><b>Explanation:</b> One serving of this mac-n-cheese has 8% of the daily value for calcium. [Use media, same picture as answer with DV circled]</p>	
BINGO ROLLS (3)	
Ballerina	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	

QUESTION 36: One serving of this mac 'n cheese provides 37% of the daily value for sodium. Is this high or low?

a. High

b. Low

**Explanation:** High because 37% is higher than 20%. 20% or more of the daily value for a nutrient is considered HIGH! Look for low sodium versions of foods if they are available.

Charleston

40 seconds

- In a standing position, step forward with the right foot and bring the left leg forward, just tapping the left toe to the ground. Immediately step backwards with the left foot and tap back with the right toe. Swing your arms forward and back in rhythm as you step back and forth.

Hi, Neighbor! Seated

40 seconds

- With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 8 (Leader)

### Read aloud to the participants:

Today we will learn about sodium in the diet. Sodium, often called “salt” is found in almost all foods, even foods that don’t taste salty! This week you can try reducing your sodium intake by using some of today’s tips.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”.

### BINGO ROLLS (3)

QUESTION 37: Consuming too much salt/sodium may increase your risk for which of the following?

- a. High blood pressure
- b. Heart disease
- c. Stroke
- d. All of the above

**Explanation:** Too much sodium can increase blood pressure, which can increase one's risk for having a heart attack and stroke.

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Good morning!	40 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your heels off the ground, while keeping your knees straight. Slowly lower your heels back to the ground.</li> </ul>	
Seated Crunches	40 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.</li> </ul>	

### BINGO ROLLS (3)

QUESTION 38: The 2020-2025 Dietary Guidelines for Americans, including older adults, recommends consuming less than \_\_\_\_ mg of sodium per day.

[Use media, show pictures of each multiple-choice measurement in teaspoons or salt tubes]

- a. 1500 mg
- b. 2300 mg**
- c. 2800 mg
- d. 3200 mg

**Explanation: 2300 mg.** That's about 1 teaspoon of salt.

Three Dot Step (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During the step lunge reach the arms up. Now return to the starting position. With the same foot, step out to the side about two to three feet and during the step lunge, reach the arms up. Return to the starting position. Now step backwards about two to three feet into a slight lunge and reach the arms overhead. During the backwards step, the front knee will bend, and the back leg will remain straight. Return to the starting position and repeat on the other side.</li> </ul>	

Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

QUESTION 39: True/False: Using % daily value on the food label, this is a low-sodium food?

[Use media, show two food labels]

- a. True
- b. False**

**Explanation:** Percent daily value is a simple way to determine whether a food product is high or low in sodium. It is recommended that Americans consume foods with <5% of the daily value for sodium, or the amount recommended based on a 2,000 calorie diet.

### BINGO ROLLS (3)

Lateral Raises	40 seconds
<ul style="list-style-type: none"> <li>While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then <u>slowly</u> release to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	



Low Row Seated	40 seconds
<ul style="list-style-type: none"> <li>From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.</li> </ul>	
<p>QUESTION 40: True/False: The majority of sodium in our diet comes from the salt shaker.</p> <p>a. True</p> <p>b. <b>False</b></p> <p><b>Explanation:</b> We actually get most of our sodium from packaged and restaurant food. The high sodium content in these foods is a direct result of food processing. Choose low-sodium or no-salt options and then lightly salt to taste.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty: pump arms back and forth</li> </ul>	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 41: To reduce salt/sodium intake you can add flavor to foods by:</p> <p>a. Squeezing lime juice onto food</p> <p>b. Sprinkling premixed seasoning blends</p> <p>c. Sprinkling fresh herbs onto food</p> <p>d. <b>A and C</b></p>	

**Explanation:** Adding lime juice or fresh herbs to meals brings bold flavor without added salt. Using premade seasoning blends may not be a healthy choice since they typically have high levels of added salt which will increase your daily sodium intake. There are some no-salt seasoning mixes available, so be sure to check the food label to see the amount of sodium it contains. Request less or no salt when ordering in restaurants.

### BINGO ROLLS (3)

Side Flexion Seated	40 seconds
<ul style="list-style-type: none"> <li>In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left.</li> </ul>	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 9 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 5) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Last session we talked about sodium, something we may want LESS of in our diet. Today we will talk about something in our diet that we may want MORE of - fiber. You can get fiber from three of the MyPlate food groups – fruit, vegetables and grains!

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

**QUESTION 42:** Fiber is an important nutrient found in carbohydrates. Which of these is a benefit of consuming more fiber?

- a. Better digestive health
- b. Improved cholesterol
- c. It helps you feel full
- d. All of the above**

**Explanation:** Fiber helps keep your digestive system "regular," it removes "bad" cholesterol from the blood stream, and it helps slow down the absorption of food which helps keep you fuller longer.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Single Leg Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold on to the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to bend at the knee with the other leg towards your bottom as far as is comfortable. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	

Staggered Stance	40 seconds
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	
Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 43: True/False: Consuming adequate fiber each day can help lower LDL cholesterol levels.</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> Fiber can actually help bind to the "bad" cholesterol and help your body get rid of it. The recommendation for most females is 25 grams per day and for men it's 36 grams per day.</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Chair Stands	40 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 44: True/False: Refined grains, like white bread or white rice have had some nutrients and fiber removed.</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> Look for whole grain products, such as whole wheat bread and brown rice, to get the nutrients and fiber.</p>	
BINGO ROLLS (3)	

Chest Press Standing	40 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	
Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 45: Which of these foods contains the most fiber?</p> <ol style="list-style-type: none"> <li>Whole wheat bread</li> <li>Apple</li> <li>Broccoli</li> <li><b>Black beans</b></li> </ol> <p><b>Explanation:</b> Black beans are a great source of fiber with around 7 grams per cup! Another added bonus is they are also a great source of protein! Look for no salt/no sodium black beans, or you can rinse canned beans or buy dried.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 46: If you want to get high nutrients, such as fiber, you should purchase these vegetables

- a. Frozen
- b. Canned
- c. Fresh
- d. All of the above

**Explanation:** Frozen, canned and fresh vegetables all have nutrients such as fiber. Frozen is a good option because it is frozen at its peak freshness, often right after its picked. This process preserves its vitamins and mineral content. You can also take out what you need, seal the package tightly, then save the rest for later. Choose plain frozen vegetables without sauces or added fat. Canned is also a good option, just choose low-sodium varieties.

### BINGO ROLLS (3)

Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
Ballerina	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
Rolling-Disco	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 10 (Leader)

### **Read aloud to the participants:**

Today let's talk about dairy, a food group that provides many nutrients to help keep us healthy.

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

**QUESTION 47:** Dairy is an important part of the daily diet. How many servings of dairy should older adults have per day?

- a. None
- b. 3 cups of low fat or fat free dairy**
- c. 5 1/2 cups of low-fat and high fat dairy
- d. As many as possible

**Explanation:** The recommended number of servings of dairy for older adults is 3 cups of low-fat or fat-free dairy. Dairy servings can come from products such as milk, yogurt, cheese, pudding or even milk alternatives like soy milks and yogurts.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth.</li> </ul>	
Single Leg Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold on to the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to bend at the knee with the other leg towards your bottom as far as is comfortable. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	
Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> <li>• While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	

### BINGO ROLLS (3)

**QUESTION 48:** What are the main nutrients found in the dairy food group?

- a. Vitamin D and calcium
- b. Zinc
- c. Vitamin C
- d. All of the above

**Explanation:** Older adults need more of these nutrients to keep their bones healthy and strong. Vitamin D is also found in salmon and mushrooms. Your body can even make vitamin D after being in the sun.

Grapevine (make sure participants spread out)

40 seconds

- Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.

Chair Stands

40 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.

**QUESTION 49:** Which food is a good source of calcium?

[Use media, show a photo of each multiple-choice option]

- a. Low-fat yogurt
- b. Banana
- c. Leafy green vegetables
- d. Both A and C

**Explanation:** Low-fat yogurt and leafy green vegetables are a good source of calcium. Low-fat yogurt and most dairy products are a great source of calcium! When shopping for yogurt, look for low-fat versions with the least amount of added sugars. If you don't eat dairy, leafy green vegetables are another great way to get calcium.

### BINGO ROLLS (3)

Chest Press Standing

40 seconds

- Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.



Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 50: What is a benefit of consuming 1% or nonfat milk?</p> <ol style="list-style-type: none"> <li>It has less fat</li> <li>It has less protein</li> <li>It has less sugar</li> <li>It has less calcium and Vitamin D.</li> </ol> <p><b>Explanation:</b> 1% and nonfat milk have the same beneficial nutrients, like protein, calcium and Vitamin D, but less fat and therefore less calories. Try to choose more low fat and nonfat dairy options for all of the benefits!</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 51: Which of these items has the lowest fat content?</p> <ol style="list-style-type: none"> <li>Whole milk</li> <li>2% milk</li> <li>1% milk</li> <li>Nonfat milk</li> </ol> <p><b>Explanation:</b> Nonfat milk has the lowest fat content. The type of fat found in milk products is saturated fat and should be consumed in moderation. Skim milk has the lowest fat content but keeps all of good nutrients found in whole milk, such as calcium, Vitamin D and protein.</p>	

BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
Ballerina	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
Rolling-Disco	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 10 (Leader)

### **Read aloud to the participants:**

Today let's talk about dairy, a food group that provides many nutrients to help keep us healthy.

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

**QUESTION 47:** Dairy is an important part of the daily diet. How many servings of dairy should older adults have per day?

- a. None
- b. 3 cups of low fat or fat free dairy**
- c. 5 1/2 cups of low-fat and high fat dairy
- d. As many as possible

**Explanation:** The recommended number of servings of dairy for older adults is 3 cups of low-fat or fat-free dairy. Dairy servings can come from products such as milk, yogurt, cheese, pudding or even milk alternatives like soy milks and yogurts.

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty pump, arms back and forth.</li> </ul>	
Single Leg Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold on to the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to bend at the knee with the other leg towards your bottom as far as is comfortable. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	
Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> <li>• While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	

### BINGO ROLLS (3)

QUESTION 48: What are the main nutrients found in the dairy food group?

- a. Vitamin D and calcium
- b. Zinc
- c. Vitamin C
- d. All of the above

**Explanation:** Older adults need more of these nutrients to keep their bones healthy and strong. Vitamin D is also found in salmon and mushrooms. Your body can even make vitamin D after being in the sun.

Grapevine (make sure participants spread out)

40 seconds

- Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.

Chair Stands

40 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands
- 

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

QUESTION 49: Which food is a good source of calcium?

[Use media, show a photo of each multiple-choice option]

- a. Low-fat yogurt
- b. Banana
- c. Leafy green vegetables
- d. Both A and C

**Explanation:** Low-fat yogurt and leafy green vegetables are a good source of calcium. Low-fat yogurt and most dairy products are a great source of calcium! When shopping for yogurt, look for low-fat versions with the least amount of added sugars. If you don't eat dairy, leafy green vegetables are another great way to get calcium.

### BINGO ROLLS (3)

Chest Press Standing

40 seconds

- Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.

Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 50: What is a benefit of consuming 1% or nonfat milk?</p> <ol style="list-style-type: none"> <li>It has less fat</li> <li>It has less protein</li> <li>It has less sugar</li> <li>It has less calcium and Vitamin D.</li> </ol> <p><b>Explanation:</b> 1% and nonfat milk have the same beneficial nutrients, like protein, calcium and Vitamin D, but less fat and therefore less calories. Try to choose more low fat and nonfat dairy options for all of the benefits!</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C-Grip	40 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 51: Which of these items has the lowest fat content?</p> <ol style="list-style-type: none"> <li>Whole milk</li> <li>2% milk</li> <li>1% milk</li> <li>Nonfat milk</li> </ol> <p><b>Explanation:</b> Nonfat milk has the lowest fat content. The type of fat found in milk products is saturated fat and should be consumed in moderation. Skim milk has the lowest fat content but keeps all of good nutrients found in whole milk, such as calcium, Vitamin D and protein.</p>	

BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
Ballerina	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes in you're able. Release your hands then put both arms back down.</li> </ul>	
Rolling-Disco	40 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 11 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 6) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Can you believe we are starting week 6? You've all done so well! How are you feeling? I hope you are starting to add some of the nutritious foods we have discussed into your diet. Low-fat dairy, whole grains, low-sodium foods and other healthy options from the MyPlate food groups are just a few things we've discussed. Today we will focus on reducing added sugar in our diet.

Remember when you exercise that it's okay to push yourself, but it's not okay to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly okay!

## BINGO ROLLS (3)

**QUESTION 52:** Diets high in added sugars are related to:

- a. Heart disease
- b. Increased cancer risk
- c. Type 2 diabetes
- d. All of the above**

**Explanation:** Diets high in added sugars contribute to excess weight gain. They are also related to increased inflammation in the body and contribute to cancer and chronic diseases, such as heart disease and type 2 diabetes.

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Single Leg Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>Stand behind your chair and hold on to the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to bend at the knee with the other leg towards your bottom as far as is comfortable. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	

Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 53: When buying canned fruit, which option has the least amount of sugar?</p> <p>[Use media, show a photo of each multiple-choice option]</p> <ul style="list-style-type: none"> <li>a. Fruit packed in heavy syrup</li> <li>b. Fruit in 100% juice</li> <li>c. Fruit in light syrup</li> <li>d. Fruit packed in water</li> </ul> <p><b>Explanation:</b> You can think of "syrup" as another word for "sugar." Canned fruit in heavy or light syrup contains added sugars and extra calories. Fruit packed in juice will still have more calories than fruit packed in water. When buying canned fruit, you can drain out the liquid and rinse off the fruit to get rid of a good amount of excess sugar.</p>	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Chair Stands	45 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 54: Nancy would like to decrease her intake of beverages with added sugar. Besides water, which of these other beverages would be the best choice?</p> <ul style="list-style-type: none"> <li>a. Sports replacement beverage</li> <li>b. Unsweetened iced tea</li> <li>c. Regular soda</li> <li>d. Energy drink</li> </ul> <p><b>Explanation:</b> Unsweetened iced tea does not have added sugar. Sports replacement beverages, regular soda and energy drinks all contain a lot of added sugar. Anything with added sugar contains more calories but does not provide any additional nutritional benefits. You can look for these types of beverages that don't have added sugar, such as a diet soda or a sports drink without added sugar.</p>	
BINGO ROLLS (3)	



Chest Press Standing	45 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	
Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 55: Which drink is the best option to reduce the amount of added sugar in your diet?</p> <ol style="list-style-type: none"> <li>Regular soda</li> <li>Apple juice</li> <li>Water</li> <li>Coffee with 2 sugar packets</li> </ol> <p><b>Explanation:</b> Water is the best option. Even drinks like apple juice may have added sugars to enhance the sweetness of the beverage.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	45 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 56: Why is it better to drink more water than a lot of sugary beverages?

- a. Water helps absorb nutrients from food
- b. Water regulates body temperature
- c. Water helps get rid of unused waste
- d. All of the above

**Explanation:** Water helps with each of these functions in the body. With age, and some medications, people lose their sense of thirst or need more water. For this reason, don't wait until you feel thirsty to drink water or other fluids; try taking small sips throughout the day.

### BINGO ROLLS (3)

Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"><li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li></ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"><li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li></ul>	
Rolling-Disco	45 seconds
<ul style="list-style-type: none"><li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li></ul>	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"><li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li></ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 12 (Leader)

### Read aloud to the participants:

Well, we are over halfway through the Bingocize® program. You're all doing so well. Today we are going to discuss food safety, something very important to practice when you prepare foods in the kitchen. After today, you can add these food safety practices to your daily routine when preparing meals.

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

### BINGO ROLLS (3)

QUESTION 57: It is important to practice food safety when cooking, preparing and storing foods. Where should raw chicken be stored in your refrigerator?

[Use media, show pictures of each multiple-choice option]

- Above your fruits and vegetables
- Below your fruits and vegetables
- It doesn't matter as long as it's packaged appropriately

**Explanation:** Raw chicken, even if it's packaged appropriately, can still leak. It should be stored in the bottom of the shelves, so it doesn't contaminate anything else.

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Single Leg Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold on to the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to bend at the knee with the other leg towards your bottom as far as is comfortable. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.</li> </ul>	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	

Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 58: [Use media, video of Beatriz]</p> <p>Beatriz says, "I am having my friend over for dinner and I'm using a recipe that my mom gave me." She starts by getting out the chicken from the refrigerator and assembles her ingredients. She takes the chicken out of the package. She says "I'm going to rinse the chicken under cold running water to rinse off the germs and pat it dry with a paper towel. What do you think?" Wash your hands</p> <ol style="list-style-type: none"> <li>It's a good idea to rinse and pat the chicken dry</li> <li>It's not recommended to rinse and pat the chicken dry</li> <li>It doesn't matter because you haven't cooked the chicken yet</li> </ol> <p><b>Explanation:</b> Washing meat, poultry, seafood, or eggs as part of the food preparation process actually increases the chance of spreading harmful germs around your kitchen, so it is not recommended. Thoroughly cooking chicken to 165F kills harmful germs. [Use media, freeze frame video from question when Beatriz is rinsing the chicken, then add big red X through the frame]</p>	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Chair Stands	45 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 59: True/False: Carl's favorite summertime meal is chicken, baked beans and watermelon slices. Carl is using safe practices by cutting the watermelon slices and chicken on his cutting board.</p> <ol style="list-style-type: none"> <li>True</li> <li>False</li> </ol> <p><b>Explanation:</b> If Carl uses the same cutting board and knife he used to cut the raw chicken and watermelon, he runs the risk of contaminating the watermelon. To avoid cross-contamination, use separate cutting boards and cooking utensils.</p>	
BINGO ROLLS (3)	

Chest Press Standing	45 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	
Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 60: Dennis has to thaw out his steak for dinner tonight. Which of these is NOT an acceptable method of thawing food according to food safety guidelines?</p> <ol style="list-style-type: none"> <li>Thaw it in the refrigerator</li> <li>Thaw it in the microwave</li> <li>Thaw it on the counter</li> <li>Thaw it in a bowl with cold running water</li> </ol> <p><b>Explanation:</b> According to food safety guidelines, thawing food on the counter is not a safe thawing technique, as it allows to sit in a dangerous temperature zone which can increase the growth of bacteria. Since Dennis has enough time, using the refrigerator is ideal, but he can also use the microwave or cold water if he was short on time. Using cold water requires the meat to be sealed and the water to be changed every 30 minutes per pound</p>	
BINGO ROLLS (3)	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	45 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 61: True/False: Vegetables labeled as "pre-washed" should be washed again before consuming it.

- a. True
- b. False

**Explanation:** Pre-washed vegetables do not need to be washed again. In fact, washing it actually increases the risk that you will introduce new harmful bacteria into the food.

### BINGO ROLLS (3)

Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"><li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li></ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"><li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li></ul>	
QUESTION 62: True/False: Freezing food destroys harmful germs.	
<ul style="list-style-type: none"><li>a. True</li><li>b. False</li></ul>	
<b>Explanation:</b> Freezing doesn't destroy germs (only heating the food can do that), but it does keep it safe until you are ready to cook it. Your freezer temperature should be 0 degrees Fahrenheit/-17 degrees Celsius.	
Rolling-Disco	45 seconds
<ul style="list-style-type: none"><li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li></ul>	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"><li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li></ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week!**



## NUTRITION - SESSION 13 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 7) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Welcome to week 7! I hope you are having fun and feeling the positive effects of Bingocizing™! Today we are going to continue our conversation on food safety. Did you practice any new food safety tips at home over the last few days?

Also, because you've been working very hard exercising, we are going to reduce the intensity this week to allow your body to recover. "Active recovery" and rest are important parts of any exercise program. And as always, remember to work at a pace that feels good to you!

## BINGO ROLLS (3)

**QUESTION 63:** It is important to practice food safety when storing, preparing and cooking foods, especially when it comes to meat. What's the best way to tell if your meat is done?

- a. Use a food thermometer
- b. Use your finger and press on it
- c. Cut it open to see if it's still pink
- d. D. All of the above

**Explanation:** The only way to ensure your foods have been cooked to a safe temperature is by using a food thermometer. Be sure to put the thermometer in the thickest part of the food. [Use media, show a picture of a food thermometer]

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth</li> </ul>	
Static Balance	30 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.</li> </ul>	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	



Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 64: [Use media, show Maria grabbing item from freezer, read package instructions, microwave] Yes/No: Maria reads out loud "Cook for 5 minutes and let stand for 1 minute when it's done." [Timelapse video transition] Maria reaches into microwave and says "I don't think it matters if it stands for a minute, I think I can eat it now." [Freeze frame with question over it]</p> <p>Is it okay for Maria to eat it now, without letting it stand for one minute?</p> <p>a. Yes</p> <p>b. No</p> <p><b>Explanation: No!</b> The "stand" time listed in the instructions for frozen entrees is not optional and is actually part of the cooking process. It allows cooler areas to absorb heat from the hotter areas to complete the cooking process. Make sure to allow a couple of extra minutes for that process!</p>	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	
<p>QUESTION 65: What types of foods are considered perishable?</p> <p>a. Meat, poultry and fish</p> <p>b. Dairy products</p> <p>c. Fruits and vegetables</p> <p>d. All of the above</p> <p><b>Explanation</b> These foods are perishable! Perishable foods are those that can spoil or go bad quickly if they aren't refrigerated.</p>	
BINGO ROLLS (3)	
Chest Press Standing	30 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	



Arm Curl Standing	30 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 66: What's the longest you should leave perishable foods unrefrigerated?</p> <p>a. 1 hour</p> <p><b>b. 2 hours</b></p> <p>c. 3 hours</p> <p>d. As long as you want</p> <p><b>Explanation:</b> Perishable foods should be refrigerated within two hours. If the temperature is above 90 degrees, like in a car or at a picnic, it should be refrigerated within 1 hour. This minimizes the risk of bacteria multiplying.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Heel Raises Standing	30 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	30 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 67: True/False: There's no need to rinse fruits like melons or oranges since I only eat the inside anyway.</p> <p>a. True</p> <p><b>b. False</b></p> <p><b>Explanation:</b> It's easy to transfer bacteria from the peel or rind to the inside of your fruits and vegetables when you're cutting them, so it's important to rinse them under running water.</p>	

## BINGO ROLLS (3)

Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
Ballerina	30 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
<p>QUESTION 68: True/False: You should always wait and let hot food cool to room temperature before putting it in the refrigerator.</p> <p>a. True</p> <p><b>b. False</b></p> <p><b>Explanation:</b> Hot food should be put in the refrigerator as soon as possible to prevent bacteria from growing in your food. To promote faster cooling in the refrigerator, divide food into smaller portions and place it in shallow containers. Leaving plenty of space around cooling foods can help the cool air circulate more efficiently.</p> <p>[Use media, show image of safe cooling techniques]</p>	
Rolling-Disco	30 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 14 (Leader)

### Read aloud to the participants:

Now that we know how to ensure the food we make at home is safe, today we will learn how to ensure the food we prepare is healthy. We will also learn to make healthy choices when we dine out. Try incorporating one of today's tips into your week!

Remember to modify the exercises if you need to. Make sure that you do what feels good...it's okay to push yourselves, but you should never feel pain when exercising.

### BINGO ROLLS (3)

QUESTION 69: True/False: Dining in sit-down or fast-food restaurants is just as good as cooking at home, as long as you eat a variety of foods from the MyPlate.

a. True

**b. False**

**Explanation:** While you may eat a balanced meal from all the food groups when you dine out, cooking at home will help ensure you get higher nutrient value with lower fat and less sugar options.

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>	
Static Balance	30 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.</li> </ul>	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	
Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>	

### BINGO ROLLS (3)

QUESTION 70: You can get a variety of vegetables by eating:

- a. Pizza
- b. Smoothie
- c. Stir fry
- d. All of the above

**Explanation:** Stir fry is a great option that includes many vegetables. Some foods that are typically "forbidden", like pizza, can be a great option by limiting cheese and increasing vegetables as toppings. Adding fresh spinach to your fruit smoothie is another great option.

Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head</li> </ul>	

QUESTION 71: [Use media, show video of a person draining fat from ground beef into an old can]

True/False: Person says, "This is a healthy way to prepare ground beef for spaghetti that reduces fat content."

- a. True
- b. False

**Explanation:** [Use media, person says answer to audience.]

True. Person says: "This is true and does reduce some fat content." Person rinses in water and says: "After I pour off the fat, then I rinse the ground beef to remove additional fat. Sometimes, I even pat it down with a paper towel." [Video shows her doing all of these things, including pouring the meat on to the paper towel and patting it down.]

### BINGO ROLLS (3)

Chest Press Standing	30 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	
Arm Curl Standing	30 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	

QUESTION 72: You can reduce sugar in baked goods by

- a. Using less sugar in the recipe
- b. Swapping out sugar with fruit
- c. Adding spices like cinnamon for more flavor
- d. All of the above

**Explanation:** One way to use less sugar is to reduce how much sugar you put into the recipe. For example, using three quarters of a cup instead of one cup. Other great ways you can reduce sugar is by substituting some of the sugar with fruit puree, mashed bananas or berries. Adding spices, like cinnamon, will also help sweeten baked goods so that you can use less sugar. Consider using fresh fruit in place of sugar-based toppings like icing. You can also improve the nutrient value by adding oatmeal or fiber to the recipe.

### BINGO ROLLS (3)

The Twist

30 seconds

- Stand with your feet about shoulder-width apart and your arms relaxed, slightly bent, at your sides. Put your weight on your left leg, bend your right knee, and raise your right heel, toes still touching the floor. With arms out to the side, swivel your waist/trunk from side to side, which should also make your arms move and your right leg move, while keeping that toe on the ground. Shift your weight to the other side and repeat everything on the left.

Heel Raises Standing

30 seconds

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.

### BINGO ROLLS (3)

Thumb to Fingers

30 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

Baking Biscuits

30 seconds

- Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.

QUESTION 73: True/False: You can choose healthier options at fast-food restaurants.

- a. True
- b. False

**Explanation:** Ask for burgers with ketchup and mustard instead of special sauces; request mayo or dressings on the side; substitute fries or chips with baked versions, a salad or fruit.

### BINGO ROLLS (3)

Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
Ballerina	30 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
Rolling-Disco	30 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, raise your arms out in front of you to chest level. Make a fist with each hand. Now, keeping your arms at chest level, point your elbows out to the side and rotate your hands around one another 10 times. Now, point your right pointer finger towards the sky then point it downward to the left, crossing your body. Point your left pointer finger towards the sky then point it downward to the right, crossing your body. Then repeat.</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 15 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 8) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Did you incorporate any of the healthy choices we talked about over the last few days? How did it go? There are so many fun ways to make healthy cooking decisions, and today we are going to learn a few more.

Don't forget as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting strong, but PAIN is not the goal! Have fun and be smart!

### BINGO ROLLS (3)

QUESTION 74: True/False: Homemade dishes like casseroles, macaroni and cheese and other cream-based dishes are always high in fat and should be eliminated from your diet.

- a. True
- b. False**

**Explanation:** While these meals tend to be high in fat, they often contain important nutrients like protein and calcium. These meals can be improved by

- replacing full-fat milk, mayonnaise, yogurt and cheese with skim or low-fat versions;
- using egg whites instead of whole eggs;
- using less oil by making dressings with lemon juice and vinegar, greasing pans with nonstick spray or replacing oils with vegetable purees, like canned pumpkin;
- using lean cuts of meat and substituting meat with beans or vegetables.

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> <li>Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90-degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise.</li> </ul>	

Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 75: What is a healthy method for cooking chicken, steak, fish or pork?</p> <ol style="list-style-type: none"> <li>Steaming</li> <li>Grilling</li> <li>Baking</li> <li>All of the above</li> </ol> <p><b>Explanation:</b> Steaming, grilling and baking are healthy ways to prepare chicken, steak, fish or pork. You can also try roasting, braising, stewing or broiling which allows fat from the meat to drain off. These methods also use less fat than pan-fried, deep fried or breaded options.</p>	
Modified Skier	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Bring both arms up over your head and extend them out.</li> </ul>	
Chair Stands	50 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 76: [Use media, show video of a person pouring a bowl of cut broccoli into pot on stovetop and put lid on top] True/False: Person says, "This is a great way to cook vegetables." [freeze frame]</p> <ol style="list-style-type: none"> <li>True</li> <li>False</li> </ol> <p><b>Explanation:</b> [Use media, repeat Q video, but this time she grabs steaming basket. Using same pot/amount of water, she sets steamer in pot and puts lid on.]</p> <p>False. Person says: "This is false. Steaming vegetables is a much better option than boiling them in water. I found this inexpensive steamer basket. I put it in the bottom of the pot and then I put the vegetables in the basket so they're not dunked in the water. I always leave the lid on so the nutrients don't escape in the steam."</p>	



BINGO ROLLS (3)	
Open the Cupboard	50 seconds
<ul style="list-style-type: none"> <li>In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center, allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position.</li> </ul>	
Arm Curl Standing	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 77: What health benefit does eating corn tortillas have over flour tortillas?</p> <p>a. Less refined grains</p> <p>b. More fiber</p> <p>c. Both A and B</p> <p><b>Explanation:</b> Eating corn tortillas instead of flour tortillas increases fiber and decreases refined grains in the diet. Other ways to reduce refined grains in the diet is mixing in whole wheat versions of pasta and cereals to your meal.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Standing	50 seconds
<ul style="list-style-type: none"> <li>Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each sidestep. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	50 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 78: True/False: Dining out in restaurants makes it very difficult to eat healthy.

- a. True
- b. False

**Explanation:** While dining out in restaurants may not be the healthiest option, there are lots of opportunities to make healthy choices such as don't fill up on chips and bread before your meal; ask for low-fat or non-fat versions of dairy, dressings and mayo; ask for meats to be grilled instead of fried; choose broth-based, instead of cream-based soups; finally, don't feel compelled to finish your meal as leftovers are a great option, ask for a to-go box in advance.

### BINGO ROLLS (3)

Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"><li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left.</li></ul>	
Ballerina	50 seconds
<ul style="list-style-type: none"><li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li></ul>	
Seated Crunches	50 seconds
<ul style="list-style-type: none"><li>While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.</li></ul>	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"><li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li></ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 16 (Leader)

### Read aloud to the participants:

Sometimes people think eating healthy costs more money. But it doesn't need to. During our next two sessions, we will discuss ways we can save money and still make healthy choices at the grocery store. After today you can start to practice these budget-friendly shopping tips. Be sure to let us know how it goes!

And don't forget, as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting stronger, but PAIN is not the goal! Have fun and be smart!

### BINGO ROLLS (3)

QUESTION 79: What are some ways to save money at the grocery store?

- a. Buy brand name items
- b. Buy generic items
- c. Use coupons
- d. **B and C**

**Explanation:** Buying both brand name and generic items can help you save money at the grocery store. Generic items, like those made by your grocery store, are often less expensive and are of the same quality as brand names. Coupons are useful if they are for things you would buy anyways; try not to "overuse" them and purchase things you wouldn't normally buy just because you have a coupon.

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> <li>Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise.</li> </ul>	

Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 80: True/False: Using coupons for brand name items will always make foods cheaper than buying the generic version of that item.</p> <p>a. True</p> <p>b. <b>False</b></p> <p><b>Explanation:</b> Even if you have a coupon for a brand name item, it can still be more than the regular price of the generic version of the item. It's best to compare costs of both brands to determine which is the better bargain, with or without the coupon. This is called unit pricing.</p>	
Modified Skier	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Bring both arms up over your head and extend them out.</li> </ul>	
Chair Stands	50 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 81: Which of these items would be a better savings based on unit pricing?</p> <p>[Use media, show picture of frozen corn with ABC/XYZ on the bag of corn, bottom right corner shows size of bag, outside of picture at top has price of corn]</p> <p>a. <b>Frozen corn from Brand ABC costs \$1.50 and has 10 ounces in it.</b></p> <p>b. Another bag of frozen corn from Brand XYZ costs \$1.20 and has 6 ounces in it.</p> <p>[Use media, push pictures from answer options out to the upper corners, show video of someone doing the math for each brand]</p> <p><b>Explanation:</b> Brand ABC is the better bargain. For Brand A-- \$1.50 divided by 10 ounces leaves you with a price of 15 cents per ounce. For Brand B--\$1.20 divided by 6 ounces leaves you with a price of 20 cents per ounce. Just because something is the lowest price doesn't mean it's the best bargain; unit pricing can help you figure out which item is the best value. Many stores show the unit price, so look for "unit price" on the price tag because they've already done the math for you! [Use media, show picture of unit price on a store price tag]</p>	
BINGO ROLLS (3)	

Open the Cupboard	50 seconds
<ul style="list-style-type: none"> <li>In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center, allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position.</li> </ul>	
Arm Curl Standing	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 82: When buying vegetables like broccoli, which is the least expensive?</p> <p>[Use media, show pictures of multiple-choice options]</p> <p>a. Sold in a bag, pre-cut and pre-washed broccoli</p> <p>b. Whole head of broccoli</p> <p><b>Explanation:</b> While buying pre-cut broccoli can save you time, it does cost more. You can often save money if you are able to cut or chop your own broccoli. If you prefer the convenience of pre-cut and pre-washed, be sure to choose fruits and vegetables in season as they are less expensive.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Standing	50 seconds
<ul style="list-style-type: none"> <li>Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each sidestep. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	50 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	

QUESTION 83: True/False: Making a shopping list for the grocery store can help you stay within your budget.

a. True

b. False

**Explanation:** Using a shopping list at the store will help you stay within budget because you are less likely to buy on impulse. To make sure the list is complete, keep a list throughout the week and make note of things you need. This can help you not forget things.

### BINGO ROLLS (3)

Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"><li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left.</li></ul>	
Ballerina	50 seconds
<ul style="list-style-type: none"><li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you’re able. Release your hands then put both arms back down.</li></ul>	
Seated Crunches	50 seconds
<ul style="list-style-type: none"><li>While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.</li></ul>	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"><li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li></ul>	

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

### BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 17 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 9) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Welcome to week 9! Today we will continue our conversation about budget-friendly grocery shopping. Did anyone try any of last week's grocery shopping or healthy cooking tips? How did it go?

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

## BINGO ROLLS (3)

**QUESTION 84:** Richard is looking at 2 brands of cereal at the grocery store and wants to save money using unit pricing. To use unit pricing, what does Richard need to consider for each brand?

- a. The brand with the cheapest price
- b. The brand that comes in a bigger box
- c. **A and B**

**Explanation:** Unit pricing considers both the price and the amount of cereal in the box. The smaller box may be lower in price, but not necessarily the best deal. The best deal would be the box with the lowest price for the amount of cereal.

Grapevine	55 seconds
<ul style="list-style-type: none"> <li>• Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Heel Raises Standing	55 seconds
<ul style="list-style-type: none"> <li>• While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
Calf Stretch Standing	55 seconds
<ul style="list-style-type: none"> <li>• Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise.</li> </ul>	

Top Shelf Reach Standing	55 seconds
<ul style="list-style-type: none"> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
<p>QUESTION 85: Bill is trying to save money at the grocery store. He has a coupon for \$1.00 off of a box of name brand cereal, which normally goes for \$4.99 per box. However when he's looking at the cereals, he sees a similar-looking generic brand cereal that is \$3.50 for the same size box. Which is the better deal? [Use media, picture of cereal box, have "name brand" on one box, across the brand name "save 1 dollar off" coupon and \$4.99 under it; have "generic brand" on second box with \$3.50 under it]</p> <p>A. The name brand cereal is the better bargain because he's getting \$1.00 off</p> <p><b>B. The generic brand is the better bargain because it's cheaper</b></p> <p><b>Explanation: B.</b> The generic brand is the better bargain because it's cheaper. Coupons don't always mean you're saving money. In this case, the generic brand is a better bargain because it's \$3.50, while the store brand, even with a coupon, is still more expensive at \$3.99. Unit pricing should also be considered even when using coupons. Also watch out for two-for-one coupons. You may save money but end up wasting extra food you can't eat.</p>	
Modified Skier	55 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Bring both arms up over your head and extend them out.</li> </ul>	
Chair Stands	55 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li></ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li></ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li></ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
<p>QUESTION 86: True/False: Buying things in bulk, like oatmeal, rice, cereal, pasta and beans, is often the cheapest option.</p> <p><b>a. True</b></p> <p>b. False</p> <p><b>Explanation:</b> These pantry staples have a long shelf life, can be used in many ways, and buying them in bulk helps save money in the long run.</p>	



BINGO ROLLS (3)	
Open the Cupboard	55 seconds
<ul style="list-style-type: none"> <li>In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center, allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position.</li> </ul>	
Arm Curl Standing	55 seconds
<ul style="list-style-type: none"> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<p>QUESTION 87: Yes/No: You have a coupon for \$0.50 off cans of soup, however, you must buy 3 cans to get the deal. Is this a good savings?</p> <p>a. Yes</p> <p>b. No</p> <p><b>Explanation:</b> Yes, it is! Using the coupon will save you money. You will save .50 over the cost of 3 cans of soup. 3 cans of soup are easily stored for future use but 3 bags of apples, for example, may go bad before you can eat them all. So, any time you “buy more, to save more” you want to ensure that it still suits your needs.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	55 seconds
<ul style="list-style-type: none"> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Standing	55 seconds
<ul style="list-style-type: none"> <li>Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each sidestep. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	55 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	

Power Grip	55 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 88: True/False: Doubling a recipe for a meal can save you time and money.</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> Cooking extra servings can help you save time by preparing more food at one time. This allows you to buy food in bulk, which is cheaper, and spend less time preparing food later in the week. If you don't expect to eat the extra servings in the next few days, freeze the leftovers.</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	55 seconds
<ul style="list-style-type: none"> <li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left.</li> </ul>	
Ballerina	55 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes in you're able. Release your hands then put both arms back down.</li> </ul>	
Seated Crunches	55 seconds
<ul style="list-style-type: none"> <li>While seated, slowly raise one knee towards your chest. While simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.</li> </ul>	
Hi, Neighbor! Seated	55 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 18 (Leader)

### Read aloud to the participants:

Over the last few weeks together, we have discussed how to make healthy grocery shopping choices, how to cook healthy options at home, choose healthy options when dining out, and what foods we should try to get more of in our diet – like unsaturated fats, lean proteins, fruits, vegetables, and whole grains. Over the next two sessions we are going to cover another group of nutrients that are very important to our health – vitamins and minerals. Today we'll start with vitamins.

As we get going today, always remember to work at a pace and intensity that feels good to you. It's okay to push yourself, but it's not okay to feel pain.

### BINGO ROLLS (3)

QUESTION 89: There are many vitamins and they all support different functions in our body. Vitamin D helps which of the following?

- a. Dental health
- b. Muscular strength
- c. Bone health
- d. Psychological health
- e. All of the above.

**Explanation:** Vitamin D has many important functions in the body. One fun fact about Vitamin D is that it's the only vitamin that our body can produce, with the help of the sun of course!

#### Alternate Foot Touch

60 seconds

- From a standing position, alternate placing your right and left foot in front of you.

#### Chair Stand

60 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise and keep knees from moving beyond toes. Stay under control as you return to the seated position.

Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 90: True/False: The need for vitamin D increases with age.</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> As you get older, your body cannot produce enough Vitamin D. Be sure to check with your provider to see if you should be taking a vitamin D supplement.</p>	
Modified Skier	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Bring both arms up over your head and extend them out.</li> </ul>	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward and reach up with your left arm. Step with your left foot forward and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
<p>QUESTION 91: True/False: Vitamin B12 is harder for your body to absorb as you get older.</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> Some adults absorb less B12 as they get older. The good news is that many foods are fortified with B12. Talk with your healthcare provider to see if you should be taking a supplement.</p>	
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	

Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	
<p>QUESTION 92: Which of these foods are good sources of vitamin B12?</p> <ol style="list-style-type: none"> <li>Greek yogurt</li> <li>Meat</li> <li>Fish</li> <li>All of the above</li> </ol> <p><b>Explanation:</b> Vitamin B12 is naturally found in these foods. Other good sources are foods that are fortified with vitamin B12 meaning the vitamin is added in.</p>	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth</li> </ul>	
Toes to the Sky Seated	60 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
C Grip	60 seconds
<ul style="list-style-type: none"> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 93: Vitamin K may be best known for its role in:</p> <ol style="list-style-type: none"> <li>Building muscle</li> <li>Blood clotting</li> <li>Joint health</li> <li>Foot health</li> </ol> <p><b>Explanation:</b> Vitamin K helps our blood to clot if we get a cut or other injury. For this reason, Vitamin K can also decrease the effectiveness of blood thinner medications.</p>	

BINGO ROLLS (3)	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
Good morning	60 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.</li> </ul>	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remind your participants to keep working on their Bingocize®  
Take Home Cards to bring back next week!**



## NUTRITION - SESSION 19 (Leader)

**\*\*Remember to print Nutrition Take Home Card (week 10) to give to each participant after the session today!!\*\***

### **Read aloud to the participants:**

Welcome to week 10! Last week we discussed vitamins, and today we'll learn about another nutrient important to our health - minerals. We'll also wrap up our Bingocize® program with some exercises and fun. Remember to always go at a comfortable pace.

### BINGO ROLLS (3)

**QUESTION 94:** Besides vitamins, minerals are another important nutrient that your body needs. Which of these is an example of a mineral?

- a. Calcium
- b. Potassium
- c. Iron
- d. All of the above**

**Explanation:** Calcium, potassium and iron are all minerals. Others include sodium, phosphorus, magnesium, selenium, etc. Minerals are best obtained from the diet by eating a variety of healthful foods.

Alternate Foot Touch	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, alternate placing your right and left foot in front of you.</li> </ul>	
Chair Stand	60 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> </ul> <p>To decrease difficulty:</p> <ul style="list-style-type: none"> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> <p>To increase difficulty:</p> <ul style="list-style-type: none"> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	

Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.</li> </ul>	
BINGO ROLLS (3)	
<p>QUESTION 95: Which of these is a function of minerals in the body?</p> <ol style="list-style-type: none"> <li>They help make hormones</li> <li>They help make enzymes</li> <li>They help keep your heart, brain, muscles and bones working properly</li> <li>All of the above</li> </ol> <p><b>Explanation:</b> Minerals do all of those things! There may be certain health conditions or medications that may necessitate limiting your intake of these, so be sure to discuss those concerns with your healthcare provider.</p>	
Modified Skier	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Bring both arms up over your head and extend them out.</li> </ul>	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center.</li> </ul>	
<p>QUESTION 96: True/False: Older adults need more calcium than other age groups.</p> <ol style="list-style-type: none"> <li>True</li> <li>False</li> </ol> <p><b>Explanation:</b> Calcium is important for bone health, which becomes critical for postmenopausal women and men over 70. Maintaining strong bones will help reduce your risk of injury after a fall.</p>	
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> <li>Hold the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.</li> </ul>	
Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> <li>While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	



QUESTION 97: Getting an adequate intake of potassium can decrease the risk for which of the following conditions?

- a. Hypertension
- b. Kidney stones
- c. Osteoporosis
- d. All of the above

**Explanation:** Adequate potassium intake can help eliminate salt in your body, which can help maintain healthy blood pressure levels. Potassium can also reduce calcium loss from your bones. Finally, potassium can help maintain a healthy balance of calcium in your kidneys, decreasing the risk for kidney stone formation.

#### BINGO ROLLS (3)

Morning Walk Standing

60 seconds

- While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Toes to the Sky

60 seconds

- Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.

#### BINGO ROLLS (3)

Thumb to Fingers

60 seconds

- Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.

C Grip

60 seconds

- Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand.

QUESTION 98: Bob has been eating a lot of bananas because his doctor says he needs more potassium. However, he is getting tired of eating bananas. What else could Bob eat that are good sources of potassium?

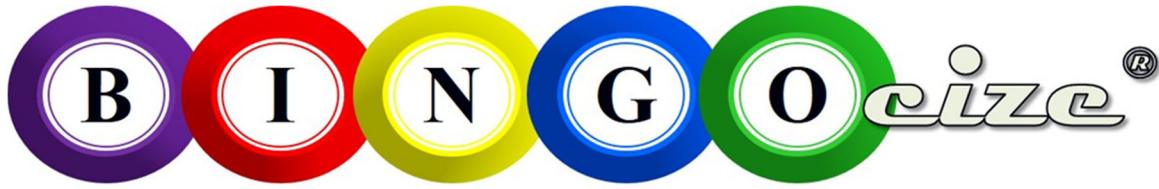
- a. Sweet potatoes
- b. Oranges
- c. Leafy greens
- d. All of the above

**Explanation:** All of these foods are good sources of potassium. Getting more variety from multiple food sources also improves your chances of meeting your nutrient needs.

#### BINGO ROLLS (3)

Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes if you're able. Release your hands then put both arms back down.</li> </ul>	
Good morning	60 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.</li> </ul>	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

**\*\*Remember to give your participants their Bingocize® Take Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\***



## NUTRITION - SESSION 20 (Leader)

### Read aloud to the participants:

Welcome to our final class, session 20! I hope you had lots of fun and are feeling the positive effects of Bingocizing™ and making exciting, healthy changes to your diet! This is our final time together, but I encourage you to continue to apply and try some new healthy eating tips. I also encourage you to stay physically active with the exercises we have been doing together over the last 10 weeks. Please continue your healthy lifestyle changes and look for another round of Bingocize® soon!

Before we get going, let's remember some of the things we've learned together.

1. Carbohydrates, fat and protein provide us energy.
2. It is important to eat from a variety of food groups and some foods within these groups provide more health benefits than others, like unsaturated fats more than saturated fats or whole grains more than refined grains.
3. We can use food labels on packaged foods to choose healthier options at the grocery store, especially the percent daily value.
4. Food safety practices are important in making sure we don't get sick from what we eat.
5. We can make healthy choices when we're cooking at home, like adding more vegetables and whole grain options, or when we're dining in a restaurant, like asking for dressings or mayo on the side.
6. Healthy eating doesn't have to be expensive. There are ways to get good bargains and still choose healthy options.

We'll wrap up our Bingocize® program by talking about supplements and medication and doing some exercises. Have fun and remember to always go at a comfortable pace.

### BINGO ROLLS (5)

QUESTION 99: True/False: Older adults should always take supplements with certain vitamins that help them stay healthy.

- a. True
- b. False

**Explanation:** There is no evidence that all older adults need vitamin supplements. Always check with your healthcare provider before taking any supplements because certain vitamins in excess can be toxic in your body, such as Vitamin A and Vitamin K. Look for good sources of these vitamins in your diet.

Three Dot Step	60 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend and the back leg will remain straight. Return to the starting position.</li> </ul>	
Static Balance	60 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.</li> </ul>	
Staggered Stance	60 seconds
<ul style="list-style-type: none"> <li>Begin with feet together, and hands at sides. Step forward with your right foot and maintain this position for a few seconds. Alternate, putting the other foot in front.</li> </ul>	
Side Flexion Seated	60 seconds
<ul style="list-style-type: none"> <li>In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
<p>QUESTION 100: True/False: LaToya has read on the Internet about the benefits of herbal supplements for a variety of health conditions. LaToya only needs to talk to her doctor if she takes a supplement for a specific medical condition.</p> <p>a. True</p> <p><b>b. False</b></p> <p><b>Explanation:</b> She should ALWAYS tell her healthcare provider about prescription and non-prescription supplements she is taking. There are many reasons, such as interacting with other drugs or potentially worsening an existing condition. Additionally, supplements are not regulated by the FDA because they are not a food and some can be dangerous.</p>	
Grapevine (make sure participants spread out)	60 seconds
<ul style="list-style-type: none"> <li>Begin by standing with arms at your side and feet together. Step across in front of your left foot with your right leg. Continue to step sideways uncrossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways uncrossing the left leg. If you feel unsteady during this exercise, hold onto the back of a chair.</li> </ul>	
Swimming Dance	60 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	

QUESTION 101: True/False: Taking a separate Vitamin E supplement may interfere with blood thinner therapy, such as aspirin, warfarin, etc.

a. True

b. False

**Explanation:** High doses of Vitamin E are associated with longer blood clotting times and may decrease the effectiveness of blood thinner medications. Be sure to talk with your healthcare provider if you are taking both.

#### BINGO ROLLS (5)

Chest Press Standing

60 seconds

- Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position.

Arm Curl Standing

60 seconds

- From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.

QUESTION 102: [Use media, show video of Lucy talking to audience. In front of her is bottles of supplements.

True/False: David says "I've been taking all these vitamins and minerals and they're expensive. I think I can get all of the nutrients I need by eating a healthy diet."

a. True

b. False

**Explanation: False.** Most individuals can get the nutrients they need by eating a variety of healthy foods, however, supplements are just that. They are meant to supplement or add to a diet where something might be missing. Examples include, people with chronic conditions, older adults, infants and babies who might be deficient in certain vitamins and minerals. Check with your health care provider to see if they recommend any supplements. Also be sure to inform your healthcare providers of any over the counter supplements you are taking in case they interact with any prescription medications.

#### BINGO ROLLS (5)

The Twist standing (play "The Twist" song)

60 seconds

- Stand with your feet about shoulder-width apart and your arms relaxed, slightly bent, at your sides. Put your weight on your left leg, bend your right knee, and raise your right heel, toes still touching the floor. With arms out to the side, swivel your waist/trunk from side to side, which should also make your arms move and your right leg move, while keeping that toe on the ground. Shift your weight to the other side and repeat everything on the left.

Heel Raises Standing

60 seconds

- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.

BINGO ROLLS (5)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	60 seconds
<ul style="list-style-type: none"> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
<p>QUESTION 103: [Use media, show video of Pablo (about 50 years old)] True/False: David holds leafy green vegetables and says "my dad is taking blood thinner medication. I hear that he shouldn't be eating any green leafy vegetables. Is that true?"</p> <p>a. True</p> <p>b. False</p> <p><b>Explanation:</b> False. Even though green vegetables can interact with blood thinner medication, you can still have some in moderation. The most important thing is to maintain a consistent intake of green vegetables from day to day. For example, you wouldn't want to avoid green vegetables on most days and then one day have a huge spinach salad. It would be better to have a little bit every day. For example, have 1/2 cup of broccoli one day and 1/2 cup of spinach one day.</p>	
BINGO ROLLS (5)	
Seated Balance Exercise	60 seconds
<ul style="list-style-type: none"> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position, bring both arms up over head, touch the tips of your fingers together so that your arms make a circle, and reach towards the sky. Raise up on your toes in you're able. Release your hands then put both arms back down.</li> </ul>	
YMCA (play the song "YMCA")	60 seconds
<ul style="list-style-type: none"> <li>Create a Y by standing straight and extending your arms over your head. Your arms should be outstretched at angles away from each other so that your hands are about three to four feet apart.</li> <li>Make an M by bringing your hands together on top of your head so that the backs of your fingers are touching. Your fingertips should be in contact with your scalp. Bend your wrists as much as you can to make the corners of the top of the M as sharp as possible.</li> <li>Produce a C by bringing your left arm down by your side. Extend your left arm out and bend it slightly, keeping your palm open. Your left hand should be parallel with your waist. Curl your right arm over your head and bend your waist to the left.</li> <li>Form an A by bringing your arms back up over your head. Bend your elbows at the level of your ears and bring your hands together so that your fingertips touch. Your hand should create a triangle.</li> </ul>	

Goodbye, neighbor! Standing	60 seconds
<ul style="list-style-type: none"> <li>• Turn to the person on either side of you and shake their hand or give them a big hug.</li> </ul>	
I hope you had fun today! Please continue your healthy lifestyle changes and look for another round of Bingocize® soon!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	