



FACILITATOR GUIDE: NUTRITION WORKSHOP

WELCOME

Welcome to the Bingocize® Nutrition Education Workshop!

The Bingocize® Nutrition Education Workshop can be delivered using the web-based game or traditional Bingo combined with the web-based game learning curriculum (questions/answers, learning synopsis) and the learning curriculum using the *Facilitator Guide*. We **strongly recommend** using the web-based game when possible. Either way, be sure to prep all materials before you get started, and this includes things you need to print! **Be sure to print out facilitator materials ahead of time.**

MATERIALS NEEDED FOR THIS WORKSHOP

- Bingocize® Nutrition Workshop Facilitator Guide
 - one per facilitator, paper or web-based on a device
- Bingocize® Nutrition Workshop Bingocizer Packet
 - one per Bingocizer, paper or web-based on a device
- Nutrition Education Take-Home Handouts
 - one per Bingocizer per handout
- Bingocize® Exercise Modifications Guide
 - one per facilitator
- Bingocize® Weekly Attendance Form
 - one per facilitator, to be updated every session
- Fidelity Check Form
 - one per facilitator
- Traditional Bingo materials (if applicable)
 - Bingo balls, cage, markers
- Resistance bands and/or hand weights
 - have a variety of weights on hand for different abilities
- Therapy balls
- Bingocize® Curriculum Reinforcements to give out as prizes
- Facilitator Bingocize® t-shirt!
- Bingocize® boards + markers (if applicable)
- Bingocizer devices (if applicable)
- Some music! Not a must, but definitely makes exercise more fun!
 - see Bingocize® Song List for ideas

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*Indicates a session when Bingocizers receive a *Take-Home Handout*.



FACILITATOR GUIDE: NUTRITION WORKSHOP

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OVERVIEW

NUTRITION EDUCATION CURRICULUM

Each lesson has 5-6 questions that target specific learning objectives across multiple topics including:

Nutrients & Energy	Protein	Food Labels	Added Sugars	Food Safety (I & II)
Carbohydrates	MyPlate	Sodium	Vitamins	Choosing Healthy Options (I & II)
Fat	Servings	Fiber	Minerals	Food Resource Management (I & II)
		Dairy	Supplements & Medication	

REMINDERS

Before we dive more into the curriculum and layout, a quick note. While it is important to promote enhanced learning, if topics arise that are outside of the scope of your expertise, say, "That is a great question. Let me find the best answer for you and get back to you at our next session." Never make up answers. While you may not be a nutrition expert, consider yourself a credible resource for finding information.

Similarly, many older adults will ask medical-related questions or share information from their doctor's office. Always direct Bingocizers to talk to their healthcare provider.

Also, nutrition science is rapidly evolving as the science becomes better understood. Be prepared for conversations with dated information, especially with those whose guidance may be years – even decades! – out of date. Remember to be respectful.

CREDIBLE RESOURCES

Avoid using or referencing internet websites, blogs, social media sites, etc. as they often contain misinformation. Instead, only share references from credible sites including:

- [MyPlate](https://www.myplate.gov)¹
- [MyPlate for Older Adults](https://www.myplate.gov/life-stages/older-adults)²
- [CDC's Healthy Eating Guidelines](https://odphp.health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines)³
- [Dietary Guidelines for Americans](https://www.dietaryguidelines.gov)⁴
(check out the section on older adults in the PDF)

DELIVERY FIDELITY

If this is your first time instructing Bingocize®, you will need to be checked for **delivery fidelity** in the first two weeks (typically four sessions) of the workshop. You will find reminders in this *Facilitator Guide*. If you need the *Fidelity Check* form, you can find it on the Facilitator Dashboard.

¹ <https://www.myplate.gov>

² <https://www.myplate.gov/life-stages/older-adults>

³ <https://odphp.health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>

⁴ <https://www.dietaryguidelines.gov>

FACILITATOR INFORMATION

NUTRITION EDUCATION LEARNING TOOLS

These are facilitation tools to promote behavior change over time for Bingocizers. These will also encourage skill development through practice at home.

DURING THE LESSON

- The 5-6 questions/answers found in each lesson are the critical nutrition education learning tool for teaching behavior change over a 10-week period. Therefore, spending time on each one allows for discussion, creative learning, and innovative ideas for making dietary changes.
- Each question has a question number, a question related to the topic, several options to consider, and a learning synopsis that provides an explanation for the correct answer as well as additional information to enhance the learning.
- Learning takes place in 3 ways:
 - When the question is asked and the Bingocizers are considering their choices.
 - When the correct answer is provided and the Bingocizers are evaluating their correct or incorrect response.
 - When the learning synopsis is read by the instructor and Bingocizers engage in further discussion.
- Ensure when reading the learning synopsis to read slowly, speak clearly, and ensure a voice tone that can be well heard. Be patient and repeat or reread if necessary!
- Make sure you give Bingocizers enough time to choose their answers before providing the correct answer.
 - When using the virtual learning curriculum, utilize the "Pause" button after all answer options are displayed.
 - Be sure to hit "Pause" to ensure enough time for Bingocizers to choose their answer. Once "Pause" is released, the correct answer will appear.
 - After reading the learning synopsis, ask for questions or feedback and ensure Bingocizer comprehension.
 - Sample questions might include:
 - Is anybody surprised by this answer?
 - Has anyone tried any of these tips/practices at home?
 - Stay focused on the primary learning objective for that question. Each question should become a takeaway or a step towards the takeaway (build on a concept).

BEGINNING OF SESSION

- Review last week's takeaway message including the *Nutrition Education Take-Home Handout* information.
- Question ideas:
 - Would anyone like to share something they learned or stood out?
 - Was there anything during last week's lesson that struck you as new or different?
 - Was there anything you went back and tried at home that you have not done before or any specific change(s) you made?

END OF SESSION

- Provide the *Nutrition Education Take-Home Handout* for the lesson and encourage Bingocizers to review the handout and focus on the learning objective for each one.
- Remind them that they will be provided an opportunity to share how they incorporated something from the lesson in their every day life.

HOW TO READ THIS GUIDE

THIS GUIDE BELONGS TO THE FACILITATOR!

SESSION #

CHECKLIST OF MATERIALS NEEDED FOR THAT DAY'S LESSON.

CHECKLIST OF THINGS TO DO BEFORE THAT DAY'S LESSON.

NOTE FOR FACILITATOR, NOT MEANT TO BE READ ALOUD.

QUESTION RELATED TO THE SESSION'S TOPIC.

QUESTION #

POSSIBLE ANSWERS WITH THE CORRECT ANSWER CIRCLED.

NAME OF MOVEMENT.

DURATION OF MOVEMENT - THIS WILL CHANGE DEPENDING ON THE SESSION!

IF A BINGOCIZER WANTS TO MAKE A MOVEMENT MORE CHALLENGING, THIS WILL GIVE IDEAS OF HOW TO DO THAT.

DESCRIPTION OF MOVEMENT, INCLUDING A SEATED OPTION FOR MOVEMENTS THAT FOCUS ON STANDING. FOR MORE MODIFICATIONS, SEE BINGOCIZE® EXERCISE MODIFICATION GUIDE.

READ THIS ALOUD TO YOUR BINGOCIZERS!

THIS IS HOW MANY BINGO ROLLS YOU DO IN THIS TURN.

EXPLANATION OF THE CORRECT ANSWER. READ THIS ALOUD TO YOUR BINGOCIZERS.

SCAN QR CODE TO WATCH THIS MOVEMENT ON OUR YOUTUBE!

BINGOCIZE®

FACILITATOR GUIDE: NUTRITION, SESSION 2

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ Get your Bingocize® T-Shirt on!

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the Exercise Modifications Guide for ideas to modify movements.

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

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**. If you need any modifications for exercises, do not be afraid to ask for help. I have ways to modify most of the movements. Most importantly, let's have some fun!

Let's start off with three rolls!

6

CARBOHYDRATES ARE AN IMPORTANT PART OF THE DIET. WHAT FOODS CONTAIN CARBOHYDRATES?

- Pasta, cereal, and oatmeal
- Fruits
- Vegetables
- All of the above**

Explanation: Many think of carbohydrates and think only of foods like breads, cereal, and oatmeal. While these are carbohydrates known as grains, all fruits and vegetables are also part of the carbohydrate group. To choose nutrient-rich carbohydrates, choose whole wheat bread instead of white bread.

MORNING WALK

30 sec

- Walk in place, quicker than your typical walking speed.
- If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.

BINGOCIZE®

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FACILITATOR GUIDE: NUTRITION, SESSION 1

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 1)
- ☐ Print *Weekly Class Attendance Form*
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 1)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

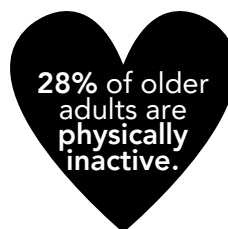
WELCOME!

Note: This guide is written to be read aloud by the Bingocize® facilitator, but do not feel confined by it! You know your Bingocizers best, and you can modify and adapt these exercises as needed. See the *Exercise Modifications Guide* if you need ideas.

Over the next several weeks, we will get to play Bingocize®!

Bingocize® is a fun combination of Bingo and some simple exercises that will improve your mental and physical health. Healthy eating and physical activity are important for our health, especially as we age.

Did you know...



We can always make healthier nutrition and activity choices. 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 make healthier choices while eating, cooking, and 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**.

Throughout Bingocize®, you will be asked to read and answer some questions. When I ask the question, circle the letter of the answer you believe is correct. It's OK if you don't know the answer - you will not be penalized! Once every Bingocizer has a chance to choose an answer, I will provide the correct answer. If you did not get the answer correct, place a checkmark next to the correct answer.

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

Source: Centers for Disease Control and Prevention



Let's get started with **three rolls** of Bingo!

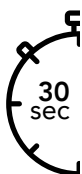
This is also a good time to drink some water and make sure you are not too close to your neighbor for once you start exercising.



WHICH OF THE FOLLOWING BEST DESCRIBES NUTRIENTS?

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

Explanation: Nutrients do all of these things. The 6 classes of nutrients are: **carbohydrates, protein, fat, vitamins, minerals, and water.** Eating a variety of foods ensures we get all the nutrients we need.



MORNING WALK



- Walk in place, quicker than your typical walking speed.
- If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!



HEAD TURNS



- With straight posture, slowly turn your head to the left. Careful not to hyperextend!
- Hold for a few seconds, then return to center. Repeat on the other side.



TOP SHELF REACH (SEATED)



- Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
- Place one hand on the side of the chair for support, and as you breathe in, 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.




TRUNK ROTATION



- Sit or stand with your feet shoulder-width apart on the floor.
- Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
- Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!

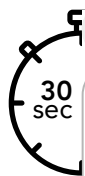
 Time for three more rolls! How do we feel after that first round of movement?

2 WHICH NUTRIENTS PROVIDE ENERGY IN THE FORM OF CALORIES?

- a. Carbohydrates, fat, protein
- b. Vitamins and minerals
- c. Water
- d. All of the above

Explanation: The term "calorie" describes the amount of energy contained in a food - e.g. carbohydrates, fats, and proteins. Vitamins, minerals, and water are nutrients, but they do not contain calories.

TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



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 heartbeat.
- d. All of the above

Explanation: Our body uses energy that it gets from food for daily functions. Think of calories as the gas that you put in a car. Just like a car needs gas to make it go, we need energy to keep our body moving.



x 3



HIP RAISES (SEATED)

1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.



Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



STATIC BALANCE

1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.



For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



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 the calories into fuel for the body.



x 3



MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth. The faster you go and the bigger your motions, the more difficult this is!



SIDE STEPS (SEATED)

1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



ANKLE FLEX



1. Sit or stand with feet hip-width apart. Keeping knee at 90-degree angle, raise one leg off the ground.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.



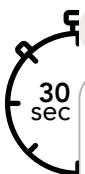
WHAT IS THE BODY'S PREFERRED SOURCE OF ENERGY?

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

Explanation: Our body's favorite source for energy comes from carbohydrates. Carbs are broken down into sugar that can be used as a quick source of energy for all of life's activities. However, they are quick to burn and should be balanced with other foods! 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.



x 3

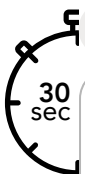


TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE



1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

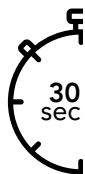
For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



ARM EXTENSIONS



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



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 1.

Thank you for coming to the first session of Bingocize®!

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check sheet* and submit it!

If no, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



FACILITATOR GUIDE: NUTRITION, SESSION 2

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
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- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

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WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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

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**. If you need any modifications for exercises, do not be afraid to ask for help. I have ways to modify most of the movements. Most importantly, let's have some fun!



Let's start off with three rolls!



CARBOHYDRATES ARE AN IMPORTANT PART OF THE DIET. WHAT FOODS CONTAIN CARBOHYDRATES?

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

Explanation: Many think of carbohydrates and think only of foods like breads, cereal, and oatmeal. While these are carbohydrates known as grains, all fruits and vegetables are also part of the carbohydrate group. To choose nutrient-rich carbohydrates, choose whole wheat bread instead of white bread.



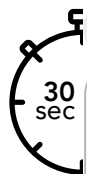
MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.

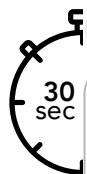


TRICEP EXTENSIONS



1. Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear.
2. Grab the resistance band with your left hand.
3. Extend your left arm as far as possible, keep the right arm still.
4. Do this several times and then repeat with the opposite arm.

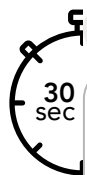
For a Challenge: Try grabbing the resistance band closer to the upper hand to make it more difficult. Use the arms of a chair to lift yourself up and lower yourself down slowly.



TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



Time for three more rolls! How do we feel after that first round of movement?



GRAINS ARE A GOOD SOURCE OF CARBOHYDRATES. HOW MUCH OF YOUR DAILY GRAINS SHOULD BE WHOLE GRAINS?

- a. None
- ☒ b. At least half
- c. At least 75%
- d. All

Explanation: At least half 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.



TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



SIT TO STAND

1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



WHEN ORDERING A SANDWICH, WHICH TYPE OF BREAD OFFERS THE MOST WHOLE GRAINS?

- a. Multigrain
- ☒ b. Whole wheat
- c. Wheat
- d. Sourdough

Explanation: While the other breads may contain wheat flour, they are usually *enriched*. During processing, *enriched* flour had nutrients removed and then added back in. *Whole wheat* versions have undergone less processing and maintain more nutritional value.



x 3



HIP RAISES (SEATED)

1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



STATIC BALANCE

1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



9

TRUE OR FALSE: INSTANT OATMEAL PACKETS ARE NOT A GOOD SOURCE OF WHOLE GRAIN OATS.

- a. True
b. False

Explanation: Instant oatmeal can be a great source of whole grain oats. 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! Add milk to include some dairy and calcium.



x 3

MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!

SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3

THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



CALF STRETCH

1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.



WHAT DOES THIS STAMP MEAN IF YOU SEE IT ON A PRODUCT?

Note: Bingocizers have this image on their sheet for today, as well.

- a. Half of the grains in this product are whole grains
- b. All of the grains in this product are whole grains
- c. This product contains at least one whole grain
- d. 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. We can also tell by making sure that the first ingredient is *whole* wheat flour instead of *enriched* wheat flour.



x 3



TRUNK ROTATION

1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE

1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.





SINGLE ARM CROSSOVER



1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT WEEK!

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check* sheet and submit it!

If no, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



FACILITATOR GUIDE: NUTRITION, SESSION 3

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 2)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 2)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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!



Let's start off with three rolls!

11

FAT IS AN IMPORTANT PART OF THE DIET. 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



- Walk in place, quicker than your typical walking speed.
- If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



WHICH OF THESE IS A DIFFERENCE BETWEEN SATURATED FATS AND UNSATURATED FATS?

- a. At room temperature, saturated fats are solid and unsaturated fats are liquid
- b. Saturated fats generally come from animal sources and unsaturated fats from plant-based sources
- c. Saturated fats raise cholesterol and unsaturated fats lower cholesterol
- d. All of the above

Explanation: While all of these are true, the easiest way to tell them apart is - saturated fat is solid at room temperature and unsaturated fat is liquid at room temperature.



CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

13

SOME OILS CAN BE A GOOD SOURCE OF HEALTHY FATS. WHICH FAT IS THE HEALTHIEST CHOICE WHEN COOKING MEAT?

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

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



x 3



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



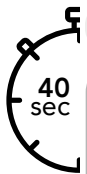
WHY DO WE CALL BUTTER OR FRIED FOODS "UNHEALTHY" SOURCES OF FAT?

- 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, increasing the amount of plaque in the arteries and increasing the risk for heart disease, diabetes, and other chronic diseases.



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth. The faster you go and the bigger your motions, the more difficult this is!



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



TRICEP EXTENSIONS



1. Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear.
2. Grab the resistance band with your left hand.
3. Extend your left arm as far as possible, keep the right arm still.
4. Do this several times and then repeat with the opposite arm.

For a Challenge: Try grabbing the resistance band closer to the upper hand to make it more difficult. Use the arms of a chair to lift yourself up and lower yourself down slowly.



ELLEN SAYS, "I AM GOING TO ELIMINATE AS MUCH FAT FROM MY DIET AS I CAN." DO YOU THINK THIS IS A GOOD IDEA?

- a. Yes, she can have a diet with no fat and still be healthy.
- b. No, she needs fat in her diet to maintain good health.

Explanation: Fat is an important part of a healthy diet, especially the heart healthy unsaturated fat. Fat provides us with energy, protects our cells and organs, transports vitamins, and aids in hormone production.



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE



1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



SINGLE ARM CROSSOVER



1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home* Handout for week 2.

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If **yes**, make sure to complete the *Fidelity Check* sheet and submit it!

If **no**, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



FACILITATOR GUIDE: NUTRITION, SESSION 4

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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**.



Let's start off with three rolls!

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

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!





LOW ROW



1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.



TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



x 3



WHICH FOODS PROVIDE YOU WITH THE RECOMMENDED PROTEIN YOU NEED?

- a. Meats
- b. Plant-based foods
- ☒ c. Both A and B

Explanation: Both types of food sources can provide you with the recommended protein. Meat such as chicken, fish, dairy and eggs are called "complete proteins" because they contain all the amino acids that make up a protein. Plant-based sources, called "incomplete proteins" need to be paired together in order to provide all the amino acids. 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.



CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

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..



x 3



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



TRUE OR 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.



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



ANKLE FLEX



1. Sit or stand with feet hip-width apart. Keeping knee at 90-degree angle, raise one leg off the ground.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.



DANNY IS A VEGETARIAN. WHAT FOOD CAN DANNY EAT TO FILL THE PROTEIN SECTION OF HIS PLATE?

- a. Tofu
- b. Nuts
- c. Beans
- d. All of the above

Explanation: 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 complete the building blocks for your body.



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



FREESTYLE STROKE



1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



GOOD MORNING



1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check* sheet and submit it!



FACILITATOR GUIDE: NUTRITION, SESSION 5

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 3)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 3)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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 category. 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 resource on the topic of portion control.

Reminder:

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.

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

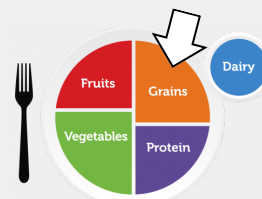


Let's start off with three rolls!



MYPLATE IS USED TO HELP AMERICANS CHOOSE WHAT FOOD GROUPS TO INCLUDE IN THEIR DIET. WHAT FOOD GROUP IS MISSING FROM THIS MYPLATE IMAGE?

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



Explanation: Grains are a good source of fiber, vitamins, and minerals.



MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.





SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

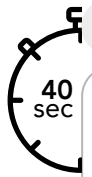
For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.



GOOD MORNING



1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



ANKLE FLEX



1. Sit or stand with feet hip-width apart. Keeping knee at 90-degree angle, raise one leg off the ground.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.



x 3



HOW MUCH OF YOUR PLATE SHOULD BE FRUITS AND VEGETABLES?

- a. None
- b. At least half
- c. At least 75%
- d. All

Explanation: Half of your plate should be fruits and vegetables. Aim for 2 1/2 cups of vegetables per day and 2 cups of fruit per day.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

23

TRUE OR FALSE: CORN, POTATOES, PLANTAINS, AND PEAS ARE ALL EXAMPLES OF STARCHY VEGETABLES AND SHOULD BE LIMITED IN THE DIET.

- a. True
b. False

Explanation: While all these are all considered to be starchy, they are nutritious and part of a balanced diet.



x 3

ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

ARM EXTENSIONS



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

24

WHAT FOOD COULD WE ADD TO THIS MEAL TO HELP MAKE IT HEALTHIER AND MORE BALANCED?

- a. Broccoli
b. Whole wheat tortillas
c. Mandarin oranges
d. Grilled fish filet



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



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



HEAD TURNS



1. With straight posture, slowly turn your head to the left. Careful not to hyperextend!
2. Hold for a few seconds, then return to center. Repeat on the other side.



TRUE OR FALSE: JANE LOVES TOMATOES, RED PEPPERS, WATERMELON, AND STRAWBERRIES. JANE IS EATING A GOOD VARIETY OF FRUITS & VEGETABLES.

- a. True
b. False

Explanation: While tomatoes, red peppers, watermelon, and strawberries are all healthy, Jane is eating only RED fruits and vegetables. This means she is missing out on nutrients she could get from other colors of fruits and vegetables. The things that give them their color do something different for the body. So next time you're in the store, remember to, "Shop the rainbow!"



x 3

TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.



For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!

FREESTYLE STROKE



1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.



For a Challenge: Try shifting your weight from side-to-side as you alternate arms.

CALF STRETCH



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.



If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.

HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 3.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 6

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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.



Let's start off with three rolls!

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 your immune system, daily activities, and more! Over- or under-eating a nutrient can cause negative health consequences. Balance is key.

MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.

SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.

GOOD MORNING



1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.

ANKLE FLEX



1. Sit or stand with feet hip-width apart. Keeping knee at 90-degree angle, lift one leg.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.

27

WHAT COUNTS AS ONE SERVING OF FRUIT?

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

Explanation: 1/2 cup of dried fruit and 1 large banana would each be 1 serving. These are standard MyPlate serving sizes, but servings may be adjusted based on health conditions (ex: diabetes).

GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing upright, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

28

WHICH OF THESE COUNTS AS A SERVING OF VEGETABLES?

- a. 1 cup cooked collard greens
- b. 1/2 cup of jicama
- c. 1/2 of a bell pepper
- d. All of the above

Explanation: 1 cup jicama and 1 large bell pepper are also each 1 serving. A good rule of thumb is 1 cup raw or cooked vegetables, or 2 cups leafy greens = 1 serving of vegetables.



ARM CURL

1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



ARM EXTENSIONS

1. Sit or stand, and extend and straighten your right arm straight up, palm facing forward.
2. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back.
3. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm.
4. Repeat with your left arm.



FOUND IN THE GRAINS GROUP, ONE CUP OF RICE IS CLOSEST IN SIZE TO:

- a. Your thumb
- b. Your fist
- c. Two fists
- d. Your head

Explanation: Your clenched fist is equivalent to about 1 cup. This can be helpful when eating out – you probably won't have your measuring cups with you, but you will have your hands!



MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)

1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.





THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



WHEN MAKING YOUR DINNER PLATE, YOUR SERVING OF PROTEIN SHOULD BE ABOUT THE SAME SIZE AS:

- a. Large pancake
- b. Golf ball
- c. Deck of cards

Explanation: A deck of cards is the equivalent of 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.



x 3



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE



1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



CALF STRETCH



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 7

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 4)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 4)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to week 4. You are doing great! Have you noticed you have more energy? Are you 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**. Practice today's food label skills the next time you go grocery shopping!

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*.



Let's start off with three rolls!

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.



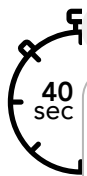
MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



GOOD MORNING



1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3



WHAT INGREDIENT DOES THIS CEREAL HAVE THE MOST OF? (SHOW FOOD LABEL)

- a. Raisins
- b. Sugar
- c. Whole grain wheat
- d. Cannot tell without looking at the rest of the label

Ingredients: Whole grain wheat, sugar, rice, raisins, wheat bran, whole grain oats, brown sugar syrup, vegetable glycerin.

Explanation: Whole grain wheat - 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.



SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: THIS PACKAGE OF GRANOLA BARS CONTAINS 100 CALORIES. (SHOW LABEL)

- a. True
b. False

Nutrition Facts	
2 servings per pack	
Serving size	1 bar (20.4g)
Amount per serving	
Calories	100

Explanation: While this package does contain 100 calories per serving, there are 2 servings in the package. If 1 bar = 100 calories, eating *both* bars doubles the calories to 200. If you eat the whole package, you are eating 200 calories. This is why it's so important to look at serving size! Remember, you would also also double the other nutrients - e.g. more fat, more sugar, more protein, more vitamins, etc.



x 3



LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



LOW ROW



1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.

34

HOW CAN YOU USE THE PERCENT DAILY VALUE ON A FOOD LABEL?

- 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
- 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. 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.



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Extend your arm straight and reach down for the side of your knee or hold light weights.

SINGLE LEG HAMSTRING CURL



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.



WHAT PERCENT OF THE DAILY VALUE OF CALCIUM DOES ONE SERVING OF THIS MAC AND CHEESE PROVIDE? (BINGOCIZERS HAVE PICTURE OF LABEL IN THEIR PACKET.)

- a. 8%
- b. 7%
- c. 11%
- d. 37%

Explanation: One serving of this mac and cheese has 8% of the daily value for calcium.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (98g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 9g	11%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 850mg	37%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg 0%	Calcium 110mg 8%
Iron 2mg 10%	Potassium 200mg 4%



x 3

BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.

SINGLE ARM CROSSOVER



1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.

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: 20% or more of the daily value for a nutrient is considered high!
Look for low sodium versions of foods if available.



CHARLESTON / FLAPPER



1. Seated or standing, place your hands on your knees.
2. Bring your knees together, and cross your hands over to the opposite knees.
3. Separate your knees, keeping them on the opposite knee.
4. Bring your knees together again, crossing your hands back to the original knees, then separate your knees again, returning to starting position.
5. Continue in a dance-like rhythm.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 4.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 8

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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!

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*.



Let's start off with three rolls!

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, increasing risk for heart attack and stroke.

MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



GOOD MORNING

1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.



Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet close together, close your eyes.

OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3

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THE 2020-2025 DIETARY GUIDELINES FOR AMERICANS, INCLUDING OLDER ADULTS, RECOMMENDS CONSUMING LESS THAN MG OF SODIUM PER DAY.

- 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



1. Stand with your feet together and your arms down at your sides. Making sure your left foot never leaves the ground, step forward about 2 - 3 feet with your right foot.
2. As you do this, reach your right arm forward. Then step back, returning feet and arms to starting position.
3. Now take the right foot and step out to your right side about 2 - 3 feet while reaching your arm in the same direction. Then step back, returning feet and arms to the starting position.
4. Now step your right foot backwards about 2 - 3 feet, bending your left knee while keeping your right leg straight, while allowing the arm to open backwards into a horizontal reach.
5. Return to the starting position. Then repeat steps, using your left foot and arm.

Seated Option: Follow instructions while seated. Instead of stepping forward with your foot, lift that foot (to the best of your ability) in the direction as instructed.

For a Challenge: Instead of sliding or stepping your feet in the three steps, you can jump your feet apart. Feet jumping front and back, together, out side-to-side, together, and then opposite foot front and back, and together.



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: USING % DAILY VALUE ON THE FOOD LABEL, THIS IS A LOW-SODIUM FOOD.

- a. True
- b. False

Explanation: To be considered a low-sodium food, the daily value would need to be below 5%.

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 850mg	37%



x 3



LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



LOW ROW



1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.



TRUE OR FALSE: THE MAJORITY OF SODIUM IN DIETS COMES FROM SALTSHAKERS.

- a. True
- b. False

Explanation: We get most of our sodium from packaged and restaurant food. High sodium is a direct result of food processing. To avoid this, choose low sodium/no-salt options and lightly salt to taste.



MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)

1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



THUMB TO FINGERS

1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



TOES TO THE SKY

1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



41

TO REDUCE SALT/SODIUM INTAKE YOU CAN ADD FLAVOR TO FOODS BY:

- a. Squeezing lime juice onto food
- b. Sprinkling premixed seasoning blends
- c. Sprinkling fresh herbs onto food
- d. A and C

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 can have high levels of added salt, increasing your daily sodium intake. There are some no-salt seasoning mixes available, so be sure to check the sodium amount on the food label. Request less or no salt when ordering in restaurants.



SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.

SINGLE ARM CROSSOVER



1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.

ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 9

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 5)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 5)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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!

Reminder: While we exercise, remember to maintain correct posture, stop if you encounter pain, and ask for modifications when for exercises when you need them!



Let's start off with three rolls!

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, keeping you full longer.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!

SINGLE LEG HAMSTRING CURL



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3

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TRUE OR FALSE: CONSUMING ADEQUATE FIBER EACH DAY CAN HELP LOWER LDL CHOLESTEROL LEVELS.

- a. True
- b. False

Explanation: 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.

GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: REFINED GRAINS, LIKE WHITE BREAD OR WHITE RICE HAVE HAD SOME NUTRIENTS AND FIBER REMOVED.

- a. True
- b. False

Explanation: To get your fiber/nutrients, look for whole grain. Try whole wheat bread and brown rice!



x 3



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



WHICH OF THESE FOODS CONTAINS THE MOST FIBER?

- a. Whole wheat bread
- b. Apple
- c. Broccoli
- d. Black beans

Explanation: Black beans have around 7 grams of fiber per cup! Bonus - they are also a great source of protein. Buy dried black beans, look for no salt/no sodium black beans, or rinse the canned ones!



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

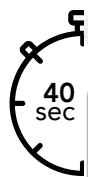
For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.



IF YOU WANT TO GET HIGH NUTRIENTS, SUCH AS FIBER, YOU SHOULD PURCHASE _____ VEGETABLES.

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

Explanation: These are all good sources of fiber! Frozen is a good option because it is frozen at its peak freshness, often right after it's picked. This process preserves vitamin 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. Low sodium canned veggies are also a good option.



STATIC BALANCE

1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.



For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



BALLET DANCER

1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.



For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA

1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.



For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



HI / GOODBYE, NEIGHBOR!

1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 5.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 10

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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

Reminder: While we exercise, remember to maintain correct posture, stop if you encounter pain, and ask for modifications when for exercises when you need them!



Let's start off with three rolls!



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
- c. 5 ½ cups
- d. As many as possible

Explanation: The recommendation for older adults is 3 cups of low-fat or fat-free dairy. Servings can come from products such as milk, yogurt, cheese, or even milk alternatives like soy milk products.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!

SINGLE LEG HAMSTRING CURL



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3

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.

GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

49

WHICH FOOD IS A GOOD SOURCE OF CALCIUM?

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

Explanation: Low-fat yogurt, leafy green vegetables and most dairy products are a good 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.



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

50

TRUE OR FALSE: CONSUMING A LOWER FAT MILK MEANS YOU WILL ALSO GET LESS CALCIUM.

- a. True
- ☒ b. False

Explanation: Lower fat milks have protein, calcium, and Vitamin D - just less fat!



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.



WHICH OF THESE ITEMS HAS THE LOWEST FAT CONTENT?

- a. Whole milk
- b. 2% milk
- c. 1% milk
- d. Nonfat milk

Explanation: Nonfat/skim milk has the lowest fat content. The fat found in milk products is saturated fat and should be consumed in moderation. Despite the low fat, skim milk has the good nutrients found in whole milk -calcium, vitamin D, and protein. However, vitamin D and calcium are absorbed best with some fat (like 1% milk).



x 3



STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 11

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 6)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 6)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

How are you feeling so far? Have you added any new foods to your diet? Low-sodium food, whole grains, low-fat dairy, or anything else from MyPlate?

Today we will focus on reducing added sugar in our diet.

Reminder: Ask for modifications for exercises when you need them!



Let's start off with three rolls!

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 increased inflammation in the body, cancer, weight gain and chronic diseases, such as heart disease and type 2 diabetes.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!



SINGLE LEG HAMSTRING CURL



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.



STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.



OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



WHEN BUYING CANNED FRUIT, WHICH OPTION HAS THE LEAST AMOUNT OF SUGAR?

- a. Fruit packed in heavy syrup
- b. Fruit in 100% juice
- c. Fruit in light syrup
- ☒ d. Fruit packed in water

Explanation: You can think of "syrup" as another word for "sugar." Canned fruit in 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 some excess sugar.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat with feet flat under your hips, bottom back, and knees over your ankles at 90 degrees.

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?

- a. Sports replacement beverage
- ☒ b. Unsweetened iced tea
- c. Regular soda
- d. Energy drink

Explanation: 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.



x 3



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

55

WHICH DRINK IS THE BEST OPTION TO REDUCE THE ADDED SUGAR IN YOUR DIET?

- a. Regular soda
- b. Apple juice
- ☒ c. Water
- d. Coffee with two sugar packets

Explanation: Water is the best option. Even juice may have added sugars to enhance the sweetness.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms out in front of you, move your feet together, or close your eyes.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



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: With age, and some medications, people lose their sense of thirst or need more water. Don't wait until you feel thirsty to drink water, try taking small sips throughout the day!



STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.

BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.

ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 6.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 12

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

We are over halfway through the Bingocize® Nutrition program!

Today we are going to discuss food safety, something very important to practice when you prepare food in the kitchen. After today, you can add these food safety practices to your daily routine when preparing meals.

Reminder: When you exercise, it's OK to push yourself, but you don't want to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly fine!



Let's start off with three rolls!

57

IT IS IMPORTANT TO PRACTICE FOOD SAFETY WHEN COOKING, PREPARING, AND STORING FOODS. WHERE SHOULD RAW CHICKEN BE STORED IN YOUR REFRIGERATOR?

- a. Above your fruits and vegetables
- b. Below your fruits and vegetables
- c. 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

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SINGLE LEG HAMSTRING CURL



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.



Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.



For a Challenge: Instead of stepping, jump your feet out.

OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3

58

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. THEN BEATRIZ RINSES HER CHICKEN THOROUGHLY UNDER THE COLD RUNNING WATER TO REMOVE GERMS, AND PATS IT DRY WITH A PAPER TOWEL.

WHAT DO YOU THINK ABOUT BEATRIZ'S ACTIONS?

- a. It's a good idea to rinse and pat the chicken dry
- ☒ b. It's not recommended to rinse and pat the chicken dry
- c. It doesn't matter because you haven't cooked the chicken yet

Explanation: 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 165 F kills harmful germs.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



TRUE OR 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.

- a. True
b. False

Explanation: 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.



x 3



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



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?

- a. Thaw it in the refrigerator
- b. Thaw it in the microwave
- c. Thaw it on the counter
- d. Thaw it in a bowl with cold running water

Explanation: According to food safety guidelines, thawing food on the counter is not a safe thawing technique because it allows the meat to sit in a dangerous temperature zone which can increase the growth of bacteria. While using the refrigerator to thaw is ideal, if Dennis does not have enough time, he can also use the microwave or cold water. Using cold water requires the meat to be sealed and the water to be changed every 30 minutes per pound. Only use the microwaving option if you are going to cook the food immediately.



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3

THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.

HEAD TURNS



1. With straight posture, slowly turn your head to the left. Careful not to hyperextend!
2. Hold for a few seconds, then return to center. Repeat on the other side.



61

TRUE OR 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.



x 3

STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.



For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.

BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.



For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.

62

TRUE OR FALSE: FREEZING FOOD DESTROYS HARMFUL GERMS.

- a. True
- ☒ b. False

Explanation: Freezing doesn't destroy germs - only heating can do that! But it *does* keep food safe until you're ready to cook it. Your freezer temperature should be 0 degrees Fahrenheit/-17 degrees Celsius.

ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 13

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 7)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 7)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

I hope you are having fun and feeling the positive effects of Bingocize®! 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!



Let's start off with three rolls!

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. 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.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.

STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.

STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



64

MARIA IS READING A PACKAGE OF FROZEN CORN INSTRUCTIONS. THE INSTRUCTIONS SAY, "COOK FOR 5 MINUTES AND LET STAND FOR 1 MINUTE WHEN IT'S DONE."

AFTER COOKING THE CORN, MARIA DECIDES TO IGNORE THE INSTRUCTIONS AND EAT THE CORN RIGHT AWAY INSTEAD OF LETTING IT STAND FOR A MINUTE.

DO YOU THINK MARIA'S CHOICE IS OK?

- a. Yes, Maria can eat it now.
- ☒ b. No, Maria should wait 1 minute before eating it.

Explanation: No! 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!

GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

SWIMMING DANCE



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.



Seated Option: Do the same motions, but instead of shimmying down, bend forward at the waist.

65

WHAT TYPES OF FOODS ARE CONSIDERED PERISHABLE?

- a. Meat, poultry, and fish
- b. Dairy products
- c. Fruits and vegetables
- d. All of the above

Explanation: All of these foods are perishable - meaning they will spoil quickly if they aren't refrigerated.



x 3

CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



For a Challenge: To increase difficulty, do a pushup on the floor.

ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



66

WHAT'S THE LONGEST YOU SHOULD LEAVE PERISHABLE FOODS UNREFRIGERATED?

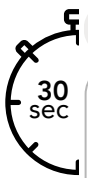
- a. 1 hour
- b. 2 hours
- c. 3 hours
- d. As long as you want

Explanation: Perishable foods should be refrigerated within 2 hours to minimize the risk of bacteria multiplying. If the temperature is above 90°, like at a picnic, it should be refrigerated within 1 hour.



x 3

MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.

HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.



Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



TRUE OR FALSE: THERE'S NO NEED TO RINSE FRUITS LIKE MELONS OR ORANGES SINCE I ONLY EAT THE INSIDE ANYWAY.

- a. True
- b. False

Explanation: 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.



ALTERNATE FOOT BALANCE



1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.



Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.



BALLET DANCER

1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.



For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



TRUE OR FALSE: YOU SHOULD ALWAYS WAIT AND LET HOT FOOD COOL TO ROOM TEMPERATURE BEFORE PUTTING IT IN THE REFRIGERATOR.

- a. True
- b. False

Explanation: 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.



ROLLING DISCO / JOHN TRAVOLTA

1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.



For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



HI / GOODBYE, NEIGHBOR!

1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 7.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 14

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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!

Reminder to modify the exercises if you need to. Make sure that you do what feels good... pushing yourself is great, but you should never feel pain when exercising.



Let's start off with three rolls!



TRUE OR FALSE: FAST-FOOD DINING IS JUST AS GOOD AS COOKING AT HOME, AS LONG 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 at a fast food restaurant, cooking at home can help ensure healthier options.



MORNING WALK



- Walk in place, quicker than your typical walking speed.
- If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.
The faster you go and the bigger your motions, the more difficult this is!



STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.



OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3



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, especially if you use low-fat mozzarella cheese and extra vegetables as toppings. Adding fresh spinach to your fruit smoothie is another great option.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SWIMMING DANCE



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

Seated Option: Do the same motions, but instead of shimmying down, bend forward at the waist.

71

TO MAKE SPAGHETTI HEALTHIER AND REDUCE THE FAT CONTENT, YOU CAN COOK THE GROUND BEEF AND THEN POUR THE EXCESS FAT INTO A CAN. IS THIS TRUE OR FALSE?

- a. True
- b. False

Explanation: This is true. Pouring off the fat does reduce some fat content. Other methods to reduce fat include rinsing the ground beef and patting it down with a paper towel after placing it on a plate.



x 3

CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.

ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

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 in place of some of the flour.



x 3



THE TWIST



1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

Seated Option: Do as many of the movements as you can, but while sitting.

For a Challenge: Alternate lifting a foot off the ground as you twist back and forth.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



TRUE OR 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.



ALTERNATE FOOT BALANCE



1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.

Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.

BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.

ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 15

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 8)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 8)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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!



Let's start off with three rolls!

74

TRUE OR 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 protein and calcium! These meals can be improved by using: skim/low-fat milk and cheese, egg whites instead of whole eggs, lean cuts of meat and substitute meat with beans and/or vegetables, replacing dressings with lemon juice and vinegar, replacing oils with vegetable purees (like canned pumpkin), and greasing pans with nonstick spray instead of butter.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.



Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.

CALF STRETCH



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.



If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.

TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3

75

WHAT IS A HEALTHY METHOD FOR COOKING CHICKEN, STEAK, FISH, OR PORK?

- a. Steaming
- b. Grilling
- c. Baking
- d. All of the above

Explanation: 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.

SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.



For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.

SIT TO STAND



1. Begin seated, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.



Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Squat with feet flat on the ground and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

76

TRUE OR FALSE: THE HEALTHIEST WAY TO COOK BROCCOLI IS BY PLACING CUT BROCCOLI INTO A POT OF WATER AND COOKING IT ON THE STOVETOP.

- a. True
- ☒ b. False

Explanation: Steaming vegetables is a much better option than boiling them. Put an inexpensive steamer basket in the bottom of the pot and fill the pot with water up to the level of the steamer. Place the vegetables in the basket so they're not dunked in the water and leave the lid on so the nutrients don't escape in the steam.



x 3

LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.



For a Challenge: Try doing both arms at the same time!

ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



77

WHAT HEALTH BENEFIT DO CORN TORTILLAS HAVE OVER FLOUR TORTILLAS?

- a. Less refined grains
- b. More fiber
- ☒ c. Both A and B

Explanation: Choosing corn tortillas increases fiber and decreases refined grains in the diet. Other ways to reduce refined grains in the diet includes choosing whole wheat tortillas, pastas, and cereals.



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



ANKLE FLEX



1. Sit or stand with feet hip-width apart. Keeping knee at 90-degree angle, raise one leg off the ground.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.



TRUE OR 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.



x 3



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arm:

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 8.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 16

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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!

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* and doesn't make you feel *pain*.



Let's start off with three rolls!



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 generic items and using coupons 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 but try not to overuse them and purchase things you wouldn't normally buy just because you have a coupon.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



HEEL RAISES

1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.



Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



CALF STRETCH

1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.



If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.



TOP SHELF REACH (SEATED)

1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3

80

TRUE OR FALSE: USING COUPONS FOR BRAND NAME ITEMS WILL ALWAYS MAKE FOODS CHEAPER THAN BUYING THE GENERIC VERSION OF THAT ITEM.

- a. True
b. False

Explanation: 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.

SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.

SIT TO STAND



1. Begin seated, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Squat with feet flat on the ground and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

81

WHICH OF THESE ITEMS WOULD BE A BETTER SAVINGS BASED ON UNIT PRICING?

- a. Frozen corn from Brand ABC costs \$1.50 and has 10 ounces in it.
- b. Another bag of frozen corn from Brand XYZ costs \$1.20 and has 6 ounces in it.

Explanation: For Brand ABC - \$1.50 divided by 10 ounces leaves you with a price of 15 cents per ounce.
For Brand XYZ - \$1.20 divided by 6 ounces leaves you with a price of 20 cents per ounce.
The lowest price doesn't mean it's the best bargain! Unit pricing can help you find which item is the best value. Many stores show the unit price, so check the price tag. They've already done the math for you!



x 3

TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.

ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

82

WHEN BUYING VEGETABLES LIKE BROCCOLI, WHICH IS THE LEAST EXPENSIVE?

- a. Sold in a bag, pre-cut and pre-washed broccoli
- b. Whole head of broccoli

Explanation: Pre-cut broccoli can save you time, but it does cost more. Cutting or chopping your own broccoli will save you money. 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 or stock up on frozen options when they go on sale.



MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)

1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



THUMB TO FINGERS

1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



LOW ROW

1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.



TRUE OR 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 to stay within budget! A list makes you 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.



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position. Repeat with the left knee and right elbow.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 17

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 9)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 9)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Today we continue to discuss budget-friendly grocery shopping.

Did anyone try any of last week's grocery shopping or healthy cooking tips? How did it go?

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.



Let's start off with three rolls!

84

RICHARD IS LOOKING AT TWO 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 the price *and* the amount of cereal in the box. The smaller box may cost less, but isn't the best deal. The best deal is the box with the lowest price for the *amount* of cereal.



GRAPEVINE



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.

CALF STRETCH



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.

TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3

85

BILL IS TRYING TO SAVE MONEY AT THE GROCERY STORE. HE HAS A COUPON FOR \$1.00 OFF 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?

- a. The name brand cereal is the better bargain because he's getting \$1.00 off
- b. The generic brand is the better bargain because it's cheaper

Explanation: 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 \$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 2-for-1 coupons. You may save money but end up wasting extra food.

SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.

SIT TO STAND



1. Begin seated, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Squat with feet flat on the ground and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



86

TRUE OR FALSE: BUYING THINGS IN BULK - LIKE OATMEAL, RICE, CEREAL, PASTA, AND BEANS - IS OFTEN THE CHEAPEST OPTION.

- a. True
- b. False

Explanation: These items have long shelf lives, many uses, and buying them in bulk helps save money.



x 3

LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



87

YES OR 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?

- a. Yes
- b. No

Explanation: 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.



x 3



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



CHARLESTON / FLAPPER



1. Seated or standing, place your hands on your knees.
2. Bring your knees together, and cross your hands over to the opposite knees.
3. Separate your knees, keeping them on the opposite knee.
4. Bring your knees together again, crossing your hands back to the original knees, then separate your knees again, returning to starting position.
5. Continue in a dance-like rhythm.



TRUE OR FALSE: DOUBLING A RECIPE FOR A MEAL CAN SAVE YOU TIME AND MONEY.

- a. True
- b. False

Explanation: 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.



x 3



TRUNK ROTATION



1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position. Repeat with the left knee and right elbow.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 9.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 18

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Over the last few weeks together, we have discussed how to: make healthy grocery shopping choices, cook healthy options at home, choose healthy options when dining out, and what foods we should try to get more of in our diet (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.

Reminder: It's OK to push yourself, but stop if you feel pain!



Let's start off with three rolls!

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: Fun fact! Vitamin D is the only vitamin that our body can produce.

ALTERNATE FOOT BALANCE



1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.

Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.





SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3



TRUE OR FALSE: THE NEED FOR VITAMIN D INCREASES WITH AGE.

- a. True
- b. False

Explanation: 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.



SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



TRUE OR FALSE: VITAMIN B12 IS HARDER FOR YOUR BODY TO ABSORB AS YOU GET OLDER.

- a. True
- b. False

Explanation: Some adults absorb less B12 as they get older. Some medications also make it harder to absorb B12 from food. 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.



x 3



CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.



LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



WHICH OF THESE FOODS ARE GOOD SOURCES OF VITAMIN B12?

- a. Greek yogurt
- b. Meat
- c. Fish
- d. All of the above

Explanation: Vitamin B12 is naturally found in these foods. Other options are foods that are fortified - meaning the vitamin is added - with vitamin B12... like cereals.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



SWIMMING DANCE



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

Seated Option: Do the same motions, but instead of shimmying down, bend forward at the waist.



VITAMIN K MAY BE BEST KNOWN FOR ITS ROLE IN:

- a. Building muscle
- b. Blood clotting
- c. Joint health
- d. Foot health

Explanation: Vitamin K helps blood clot if we get a cut or other injury. For this reason, Vitamin K can also decrease the effectiveness of blood thinner medications. Check with your doctor about taking Vitamin K.





SINGLE ARM CROSSOVER



1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



GOOD MORNING



1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 19

BEFORE TODAY'S SESSION

- ☐ Print the *Nutrition Education Take-Home Handout* (Week 10)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Nutrition Take-Home Handout* (Week 10)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

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.



Let's start off with three rolls!



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 by eating a variety of healthful foods.



ALTERNATE FOOT BALANCE



1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.

Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.

SIT TO STAND



1. Begin seated, eyes facing forward, feet hip-width apart. With your back straight and tall, extend your legs until you are standing all the way up, moving only the hip, knee, and ankle joints as you stand.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Replace the chair with an imaginary one! Start in a squat position with feet flat on the ground under your hips, bottom back, and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.

HEEL RAISES

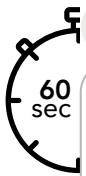


1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.

TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3

95

WHICH OF THESE IS A FUNCTION OF MINERALS IN THE BODY?

- a. They help make hormones
- b. They help make enzymes
- c. They help keep your heart, brain, muscles, and bones working properly
- d. All of the above

Explanation: 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.

SKIER



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.

CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!

96

TRUE OR FALSE: OLDER ADULTS NEED MORE CALCIUM THAN OTHER AGE GROUPS.

- a. True
- b. False

Explanation: Calcium is important for bone health, which becomes critical for post-menopausal women and men over 70. Maintaining strong bones will help reduce your risk of injury after a fall.



x 3

CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.

For a Challenge: To increase difficulty, do a pushup on the floor.

LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!

97

EATING ENOUGH POTASSIUM CAN DECREASE THE RISK FOR WHICH OF THESE 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 and help maintain a healthy balance of calcium in your kidneys, decreasing the risk for kidney stone formation.



MORNING WALK



1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

Seated Option: Sit on the edge of your chair and move your legs in a walking motion.

For a Challenge: Try pumping your arms back and forth.



TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



STEP UPS



1. Sit or stand with your feet together and arms at your side, with a balance pad or pillow on the floor directly in front of you.
2. Lift your right foot, bringing your leg as close to 90 degrees as possible, and then bringing your foot down to tap the pillow.
3. Then lift the right foot off the pillow, bringing the leg to 90 degrees again, before lowering it to starting position.
4. Repeat with your left foot.



BOB'S DOCTOR SAYS HE NEEDS MORE POTASSIUM, SO HE HAS BEEN EATING A LOT OF BANANAS. HOWEVER, HE IS GETTING TIRED OF BANANAS. WHAT ELSE COULD BOB EAT TO GET POTASSIUM?

- a. Sweet potatoes and baked 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.



SINGLE ARM CROSSOVER



1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



GOOD MORNING



1. Sit or stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Nutrition Education Take-Home Handout* for week 10.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: NUTRITION, SESSION 20

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to our final class!

I hope you have had lots of fun and are feeling the positive effects of Bingocize® and making exciting, healthy changes to your diet! This is our final time together, but I encourage you to keep trying those healthy eating tips and 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!

Let's review some of the things we've learned together:

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.

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 **medications** and doing some exercises.

As always, have fun and remember to always go at a comfortable pace.



Let's start off with FIVE rolls!

99

TRUE OR 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 some vitamins like A and K - in excess can be toxic. Instead, look for good sources of these vitamins in your diet.

THREE DOT STEP



1. Stand with your feet together and your arms down at your sides. Making sure your left foot never leaves the ground, step forward about 2 - 3 feet with your right foot.
2. As you do this, reach your right arm forward. Then step back, returning feet and arms to starting position.
3. Now take the right foot and step out to your right side about 2 - 3 feet while reaching your arm in the same direction. Then step back, returning feet and arms to the starting position.
4. Now step your right foot backwards about 2 - 3 feet, bending your left knee while keeping your right leg straight, while allowing the arm to open backwards into a horizontal reach.
5. Return to the starting position. Then repeat steps, using your left foot and arm.

Seated Option: Follow instructions while seated. Instead of stepping forward with your foot, lift that foot (to the best of your ability) in the direction as instructed.

For a Challenge: Instead of sliding or stepping your feet in the three steps, jump your feet apart. Feet jumping front and back, together / out side-to-side, together / opposite foot front and back, together.

STATIC BALANCE



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.

STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

SIDE FLEXION



1. Seated or standing, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.



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 - TRUE OR FALSE?

- a. True
- ☒ b. False

Explanation: 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.



GRAPEVINE



- Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
- Take a side-step to the left using your left foot, uncrossing your legs.
- Now cross your right leg behind your left leg, criss-crossing your legs.
- Then, take a side-step to the left using your left foot, uncrossing your legs.
- Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SWIMMING DANCE



- Stand with your feet together and move your arms in a swimming motion.
- Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

Seated Option: Do the same motions, but instead of shimmying down, bend forward at the waist.



TRUE OR 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 and fish oil are associated with longer blood clotting times and may decrease the effectiveness of blood thinner medications. Talk to your doctor if you are taking both.



CHEST PRESS



- Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
- Position your arms out to your side and parallel to the ground, with a slight bend.
- Maintain that slight bend in your arms while you slowly bring your hands together. Then slowly release.

For a Challenge: To increase difficulty, do a pushup on the floor.



ARM CURL



1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



PABLO HAS BEEN TAKING SUPPLEMENTS FOR A LONG TIME. HE SAYS, "I'VE BEEN TAKING ALL OF THESE VITAMINS AND MINERALS TO STAY HEALTHY AND THEY'RE EXPENSIVE. I THINK I CAN GET ALL OF THE NUTRIENTS I NEED FROM A HEALTHY DIET INSTEAD OF BUYING SO MANY SUPPLEMENTS." IS HIS STATEMENT TRUE OR FALSE?

- a. True
b. False

Explanation: Eating a variety of healthy foods can provide most – and for some individuals, all – of the nutrients they need. Using a large number of expensive supplements is not necessary. However, certain supplements may be necessary! It's important to discuss with your doctor.



x 5



THE TWIST



Play the song, "The Twist"!

1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

Seated Option: Do as many of the movements as you can, but while sitting.

For a Challenge: Alternate lifting a foot off the ground as you twist back and forth.



HEEL RAISES



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms out in front of you, move your feet together, or close your eyes.



x 5



THUMB TO FINGERS

1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. 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.
3. Return your thumb to the starting position. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



STANDING MARCH

1. Seated or standing, begin by walking in your place.
2. Raise your knees so your hip and knee both reach as near to 90 degrees as you can.



For a Challenge: Run in place - the faster you go and the harder you pump your arms, the greater the exercise; Stand on a balance pad/soft pillow; Pump your arms, no matter the pace your feet are moving.



PABLO SAYS HIS DAD IS TAKING BLOOD THINNER MEDICATION. BUT HE SAYS HE HAS HEARD THAT INDIVIDUALS TAKING BLOOD THINNER MEDICATION SHOULDN'T BE EATING ANY GREEN LEAF VEGETABLES. IS THIS TRUE OR FALSE?

- a. True
b. False

Explanation: 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, ½ cup of broccoli one day and 1/2 cup of spinach another day.



x 5



ALTERNATE FOOT BALANCE

1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.



Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.



BALLET DANCER

1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
If standing, keep a chair nearby for balance as needed.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.



For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



YMCA

Play the song, "The YMCA"!



1. Sit or stand, and dance, sway, or tap your toes to the music. Have fun with it!
2. Once you get to the chorus, extend your arms above your head to create the top of the Y.
3. Place your fingertips on top of your head, and press the backs of your hands together. Bend your wrists as much as you can to make them resemble the top angles of the M.
4. Bring one arm down by your side and bend it slightly, keeping your palm open. Curl your other arm over your head and bend to the side at the waist to create the C.
5. Put your arms above your head, bending your elbows a bit at your ears, and touching your fingertips together to create the A.



HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

THANK YOU!

I hope you had fun today, and the past ten weeks! What are some changes you've made that have already had an impact in your life?

Possible Prompts:

- Have you shared anything you've learned here with your friends and loved ones?
- Have you talked to your healthcare provider about your eating habits?
- Have you talked to your healthcare provider about supplements?

Encourage discussion of personal experience and reflection, as time allows.

Thank you for joining me in this session of Bingocize®! Keep an eye out for another workshop coming soon.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed