



Healthy Habits for Adults

We are pleased to provide free short nutrition and wellness *virtual* classes for adults. Participants will obtain information on delicious, nutritious snacks that you can make at home, and learn how to incorporate fun exercises that get everyone moving at their own pace. Practical tips on healthy eating and physical activity will be presented along with information about the U.S. obesity epidemic and the chronic illnesses linked to overweight and obesity.

Each participant will also receive a *Healthy Living Guide for Adults*, filled with easy-to-make, nutritious recipes and simple exercises you can incorporate into your weekly routine, along with more tips for adopting a healthy lifestyle. These classes are a one-hour standalone or series classes. Example topics are as follows:

- **Label Reading** – Understanding food labels
- **How Sweet it is: Limiting Sugar in your Diet:** Learn more about how foods high in sugar sneak into our diet and effective ways to reduce them. **Shake the Salt Habit: Limiting Salt in your Diet:** Learn how foods high in salt sneak into our diet and effective ways to reduce them, without sacrificing flavor!
- **Eating the Rainbow: Enjoying the colors of your fruits and veggies:** Join us for this colorful class on the benefits of “eating the rainbow,” adding more fruits and vegetables to your diet, and on simple, effective ways of becoming more active.
- **The Skinny on Fat: Reducing Fat in Our Diets:** Learn more about how foods high in fat sneak into our diet and effective ways to reduce them, without sacrificing flavor! **Protein: The Body’s Own Superman:** Learn about the role of protein in our body and the importance of lean protein in our diet.
- **Whole Grains:** Learn more about the benefits of eating whole grains daily and the difference between whole grains and refined grains. **Stay Regular: Enjoy the Power of Fiber in your Diet:** Learn more about how foods rich in fiber boost health and keep our digestive system functioning healthily.
- **Fluids:** Learn more about fluid intake and the importance of staying hydrated, and tips to make healthy beverage choices! **Dairy:** Learn about the important nutrients in dairy and ways to incorporate low-fat and fat-free dairy products into your diet.

For more information about our Healthy Habits program, contact Kathy Brown at Senior Connections, 804-343-3004 or email - kbrown@youraaa.org.