



**Chef Charles  
Says...**

# Leader's Guide

## Chef Charles Retires

For ten years, the Chef Charles newsletter has provided important nutrition and physical activity information to older adults throughout Iowa. Each month the nutrition education session based on the newsletter and led by an educator has helped people make wise decisions about food, physical activity and health. You have had the chance to taste lots of fruits and veggies. We hope you enjoyed the program and have gained better health along the way.

Beginning in October, the newsletter will have a new look and name: Fresh Conversations. The new program will not only focus on providing practical, useful information about nutrition and physical activity but will help older adults plan how to use the information. Information is good, action is even better.

The new Fresh Conversations Program and newsletters will be widely distributed by Area Agencies on Aging throughout Iowa but it will take time. So, stay tuned. Your meal site manager will let you know when the new program will be available at this meal site.

*Note to INN contractors: let the audience know what your plans are for August and September.*

*If you have questions about the transition from Chef Charles to Fresh Conversations, please contact Marilyn Jones at the Iowa Department of Public Health. 515-281-6047.*



**FRESH  
CONVERSATIONS**

## Pick Your Reason to be Active

### Presentation

Is being physically activity a chore for you, or is it something you look forward to? It is sad to say most people would put physical activity at the bottom of their 'to do' list. But there are rewards. Many come as health benefits. It is easy to be confused about the merits of physical activity with so many studies and reports being promoted in the media.

I thought you might like to know just what achieving your physical activity goal could mean for your health. *Pass around the bowl or hat and ask participants to take one of the colored slips of paper. If you have a small group you may need them to take two slips of paper. There are 23 slips of paper.*

Some of the evidence is termed strong. This means that several research studies have found that there is strong indication that being physically active makes a difference for this health concern. Of course, moderate evidence is not as convincing but still very promising.

All of the people with **pink slips** of paper have **strong evidence** from research that physical activity impacts this health concern. *Ask all people with pink slips to read and share the health benefit. Some may need a definition for your group. It has been included on the slip of paper.*

*If a paper slip relates to an article in the newsletter, the page number is indicated on the slip of paper. When this slip is read you can take time to summarize the information found in the newsletter before going on to the next slip of paper.*

*Cont. on page 2*

## Instructions

Print the three tables at the end of the newsletter in designated colors or identify with a colored highlighter. Cut the rectangles apart and place in a hat or a container.

Before the presentation, look for opportunities for physical activity in your community. Local schools may provide adult education. Ask your Area Agency Aging about Matter of Balance Classes being taught in your area. Line dancing may be popular in your community. Ask around for an instructor that would do a simple line dance step at the meal site. Share what you find at the conclusion of the presentation.

Are any of these health concerns in your life? Do you think you could find a physical activity to do, if that activity could change your concern like heart disease or strokes?

Now there are two people with **blue slips** of paper. These are items that physical activity has **strong to moderate evidence** regarding the health concern.

*Have the two people share the statements.*

And last people with **green slips** have **moderate evidence** regarding the health concern.

With all of these benefits from physical activity, I hope you are thinking of moving physical activity up a few notches on your 'to do' list. In fact, let's find out what you have already done to add activity to your life?

*Ideally, it would be good to ask the participants to stand for this activity. You will need to judge if this is reasonable. If you have over 30 participants, it could be a long time standing.*

I want you to think of how you would answer this question: What have you done to add physical activity to your life? It can be simple, like walking to the mailbox each day or more challenging like getting my bike tuned-up to ride around the neighborhood.

I will ask all of you to stand and I will ask the first person to give their answer AND if anyone else has the same answer they had planned to share, they too

can sit down. *(Note to educator: after 4 or 5 people have given their answer you can finish the activity even though not all participants have sat down. This will limit the time for the activity, and save participants from being embarrassed or stressed if they do not have an answer.)*

Did you hear a strategy to increase physical activity in your life? What seems to be the most popular change that you heard?

### Desired Action:

Participants will learn that physical activity can improve quality of life and make plans to include more physical activity in their lives.

### Sample Actions for Participants:

1. I will join the walking group at my meal site this week and commit to walking two times a week for the next eight weeks.
2. If there is no organized walking group at my meal site, I will volunteer to lead a group once a week until the end of summer. I will ask friends at the site to lead another day.
3. I will work in my yard or vegetable garden at least two times this week making sure to work before 10 am and after dinner to avoid the sun and heat.

## Snack Demonstration

### Summertime Corn and Tomatoes

1/2 cup leftover sweet corn  
2 tablespoons shredded cheddar cheese  
1/4 cup finely chopped onions  
1/2 teaspoon of your our favorite herb and a dash of vinegar (basil, chives, oregano or thyme (optional))  
1 fresh medium-size tomato, cut in half and hollowed

Mix together the first five ingredients. Fill tomato halves with mixture. Season with pepper and herbs. Chill before serving. The recipe makes one serving and includes both halves of the tomato.

One serving contains: 141 calories; 15 gm cholesterol; 102 mg sodium; 15 gm carbohydrates; 342 mg potassium; 46 mcg folate; 115 mg calcium

### Teaching Points

- Left over summer sweet corn is great in this recipe.
- Canned (drained) or frozen (thawed) corn is good as well.
- Any kind of cheese can be used in the mix-especially hard cheese.
- Fresh herbs are just perfect for this recipe. If available, you can provide herbs for home container gardens. You can even plant them in small margarine tubs and place on a patio or in a kitchen window. Which herb would you plant?
- To demonstrate, stuff cherry tomatoes instead of a whole tomato for a demonstration-size taste.
- If this recipe seems too fussy, cut up the whole tomato and stir it together with the filling. This will make a quick salad.



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# Leader's Guide

## Newsletter Order Form

**July 2013**

Please read the newsletter and leader's guide to answer the following questions. Then submit your order.

1. T or F Summer gardening is considered physical activity; just like walking.

\_\_\_\_\_

2. What promotes strength, balance and endurance as well as reducing the risk of falling?

\_\_\_\_\_

3. My favorite physical activity that I do most often is? \_\_\_\_\_

### Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name \_\_\_\_\_

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter.)

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number \_\_\_\_\_

Number of Congregate Meal Site Participants

There will not be an incentive item for July due to budget constraints.

\_\_\_\_\_

**Return to:** Marilyn Jones,  
IDPH, Lucas Building, 4th Floor  
321 E. 12th Street,  
Des Moines, IA 50319

or by FAX 515-281-4913.

**For questions, call Marilyn at 800-532-1579 or 515-281-6047.**

#### **Answers**

1. True
2. Physical Activity
3. Multiple answers



# FRESH

## CONVERSATIONS

**Physical Activity Can.....  
Strong Evidence (Print on pink paper)**

<p><b>Physical Activity Can...</b></p> <p>Lower Risk of Early Death (Newsletter page 3)</p>	<p><b>Physical Activity Can...</b></p> <p>Lower risk of coronary heart disease</p>	<p><b>Physical Activity Can</b></p> <p>Lower risk stroke</p>
<p><b>Physical Activity Can...</b></p> <p>Lower risk of high blood pressure</p>	<p><b>Physical Activity Can...</b></p> <p>Lower risk of poor blood lipid profile</p> <p>The Lipid Profile blood test measures cholesterol in your body.</p>	<p><b>Physical Activity Can...</b></p> <p>Lower risk of type 2 diabetes</p>
<p><b>Physical Activity Can...</b></p> <p>Lower risk of metabolic syndrome</p> <p>Metabolic syndrome is a cluster of conditions — increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.</p>	<p><b>Physical Activity Can...</b></p> <p>Lower risk of colon cancer</p>	<p><b>Physical Activity Can...</b></p> <p>Lower risk of breast cancer</p> <p>(Newsletter Page 1)</p>
<p><b>Physical Activity Can....</b></p> <p>Prevent weight gain</p>	<p><b>Physical Activity Can....</b></p> <p>Aid weight loss, particularly when combined with reduced calorie intake</p>	<p><b>Physical Activity Can....</b></p> <p>Improve heart, respiratory and muscular fitness</p>
<p><b>Physical Activity Can...</b></p> <p>Aid in Fall Prevention</p> <p>(Newsletter Page 2)</p>	<p><b>Physical Activity Can...</b></p> <p>Reduce depression</p>	<p><b>Physical Activity Can...</b></p> <p>Promote better cognitive function (for older adults)</p> <p>(Newsletter Page 2)</p>

**Physical Activity Can.....**  
**Moderate to Strong Evidence (Print on blue paper)**

<p><b>Physical Activity Can...</b></p> <p>Improve functional health (for older adults)</p> <p><i>Functional Health (FH) is a unique category of health focusing on the <i>mechanical</i> well-being of your body. It reflects your ability to move and perform tasks without pain or injury.</i></p>	<p><b>Physical Activity Can...</b></p> <p>Reduce abdominal obesity</p>	<p>Leave blank</p>
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**Physical Activity Can.....**  
**Moderate Evidence (Print on green paper)**

<b>Physical Activity Can...</b> Lower risk of hip fracture	<b>Physical Activity Can...</b> Lower risk of lung cancer	<b>Physical Activity Can...</b> Lower risk of endometrial cancer
<b>Physical Activity Can...</b> Help maintain weight loss	<b>Physical Activity Can...</b> Increase bone density	<b>Physical Activity Can...</b> Improve sleep quality