

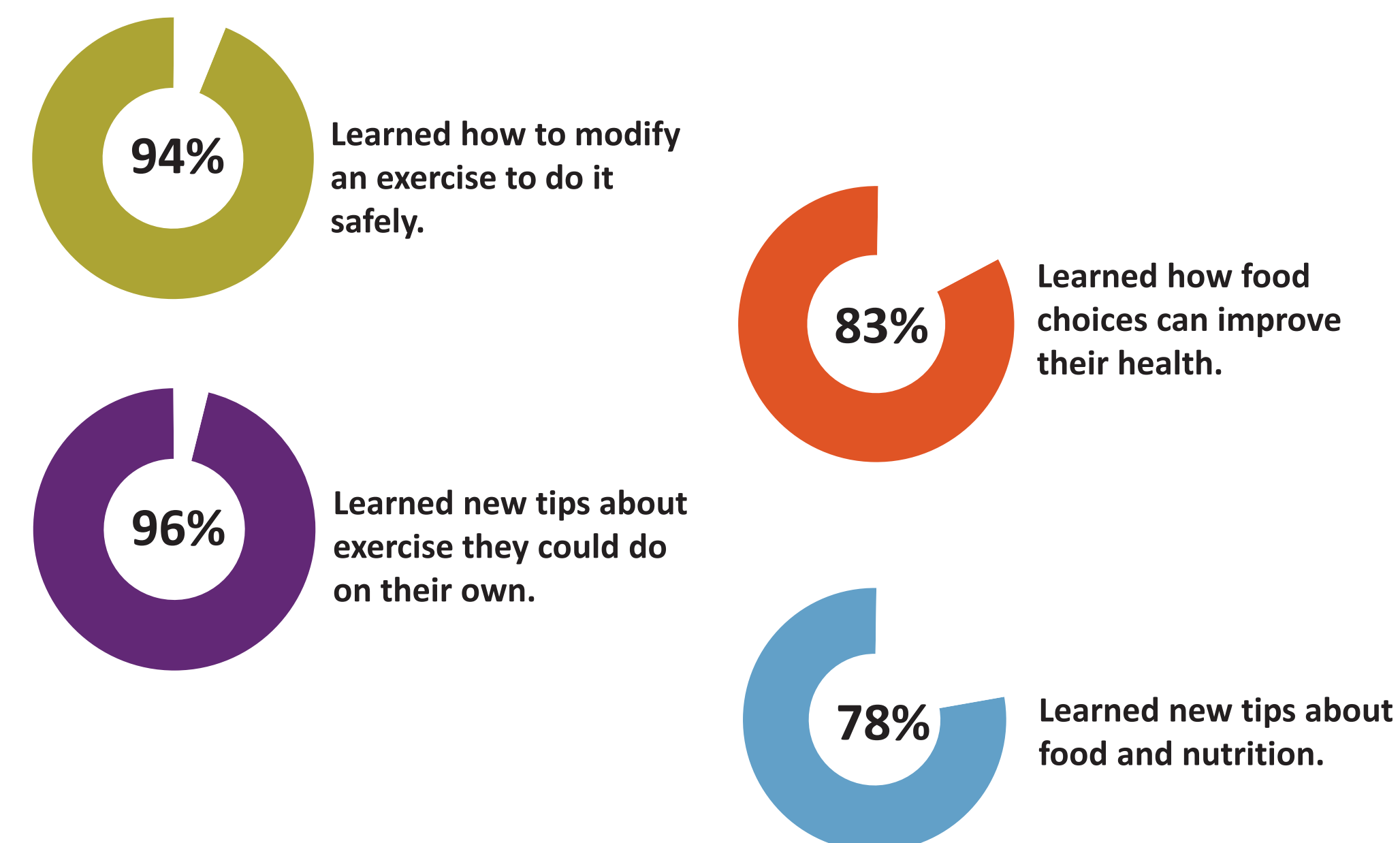
Good Food and Fitness at Your Doorstep

Aging Well at Home brings evidence-informed programs to older adults living on fixed incomes in independent senior housing.

Teaching residents to enjoy and prepare simple, healthy dishes and appreciate the value of easy movements in maintaining/improving function.



Of our Easy Steps and Kristen's Kitchen participants...



For exercise lessons learned, n=70
For nutrition lessons learned, n=252

"I am already on a heart healthy diet and found out I can do much better eating things like whole grains and sugar free Cheerios."

"Kristen is very knowledgeable and helpful to us Diabetics. Enjoyed her presentation and the class."

"I have been reluctant to add fruit and veggies; no more!"

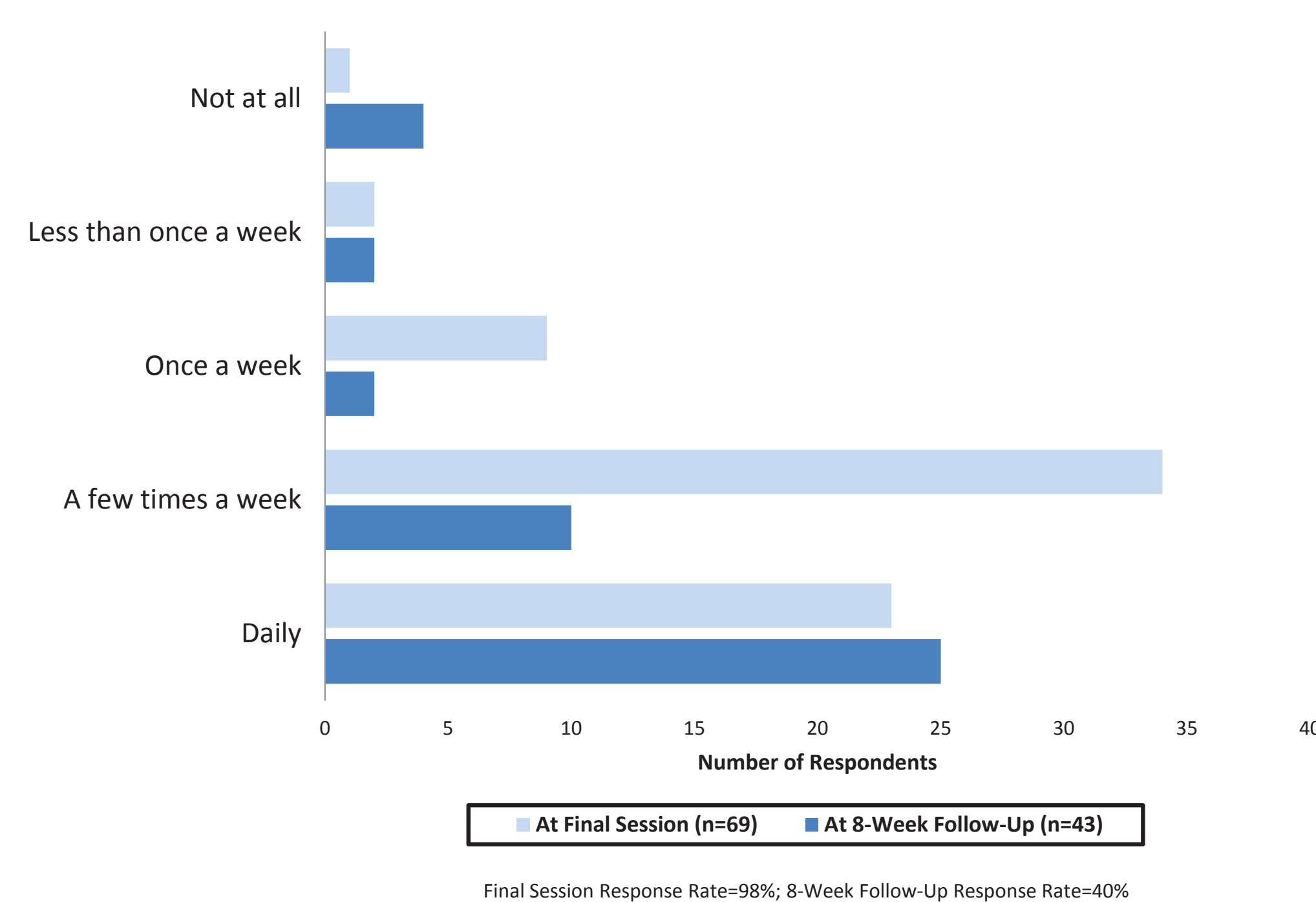
"I have been looking for physical activity since my coronary hypertension. This program is perfect. I can exercise and feel safe."

"Having the booklet was very good. I try to use it every day."

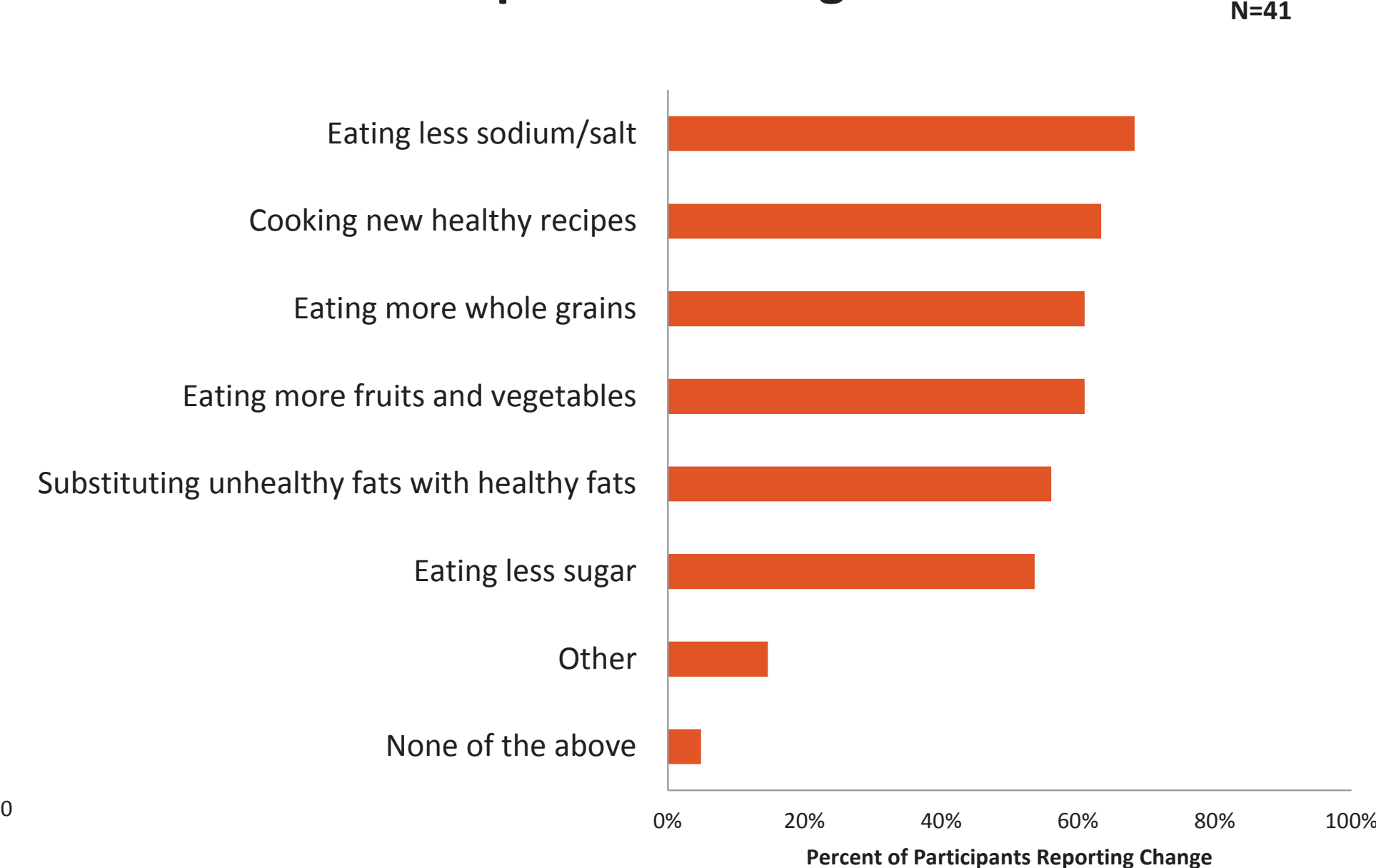
"I loved this program. Especially appreciated learning more about our anatomy and what the movement actually does. Thank you!"

Creating lasting behavior changes in nutrition and regular exercise.

How often do you do at least one of the Easy Steps exercises outside class?



Changes that Kristen's Kitchen Participants Reported Making



Kristen's Kitchen

Empowers seniors to improve their health by learning how to shop for and prepare healthy and affordable meals. Each hands-on session includes a senior-friendly, healthy, and affordable recipe to taste or prepare together to promote trying new foods or recipes, as well as a related nutrition topic to inform the health of participants.

Easy Steps for Your Everyday Health

Developed with and for seniors to encourage the integration of simple yoga based exercises into everyday apartment living. Participants receive their own book and the instructor helps participants practice exercises and tailor them to their particular circumstances.