

Healthful Lifestyle Activity Ideas

Activity #1: How Many Steps?

Grab a couple of pedometers before your presentation and familiarize yourself with how they work.

Once your participants have arrived, brief them on how to use a pedometer. Have people guess the number of steps it would take to reach a few landmarks in the room or building. If you've got a whiteboard or chalkboard handy, you can write everyone's guesses for the whole group to see.

Explain that now everyone is going to use some pedometers to track their steps as they explore the area. If you don't have enough equipment for everyone to have an individual pedometer, divide the class into groups and give each group a pedometer.

After people have walked to the landmarks you set up, have them return to their seats. What did they notice? How easy was it to use the pedometers?

Ask the group about exercise. How can these tools be used to improve physical activity? Brainstorm together, and, if this is part of a recurring course, set up a competition or goal number of steps for people to reach with their pedometers.

Activity #2: What's the Real Cost?

Grab a bag or two of apples and potatoes before your presentation. While you're at the store, pick up a container of apple pop tarts and a big bag of potato chips.

Photocopy the Nutrition Facts labels from your purchases or copy the relevant information from each item onto a

blackboard or chalkboard that everyone can see.

Once your participants arrive, divide them into groups and have them calculate the cost per ounce of all the foods you bought.

After everyone has calculated the cost per ounce of each item, have them all return to their seats and share their findings. Which foods were more expensive? Which were cheaper? Was this a surprise, or was it expected? What do the results mean when it comes to shopping healthfully on a budget?

Activity #3: Beverage Buffet and Tasting Bar

Set up a buffet area with still and sparkling water. Arrange different things that people can add to their drinks alongside your pitchers. Possible options to feature include mint leaves, basil sprigs, sliced oranges, sliced lemons, sliced limes, fresh berries, etc. Make sure that the options are low in calories and high in flavor.

Have participants mix and match the waters and the additions, trying different combinations until they find some that they like.

They can also calculate how much money they'd save if they switched from drinking soda to drinking water. What could they use their savings for? What about calorie savings?

