

## Commit to Be Fit - Calendar (June 7<sup>th</sup> - August 2<sup>nd</sup> 2018)

Week	Date	Time	Activity	Education/Partner
1	Thursday, June 7	10:30-11:30 am	Introduction & Survey Garden Basics	<ul style="list-style-type: none"> <li>▪ Introduction, Pre-survey, “Grow your own garden” and Journals.</li> <li>▪ Garden Basics and Garden boxes: KC Water &amp; Soil (Seeds and glove garden), Home Depot (garden boxes), &amp; KCHD (soil bags)</li> </ul>
2	Thursday, June 14	10:30-11:30 am	Fitness Information/ Walk it Out	<ul style="list-style-type: none"> <li>▪ Rethink Your Drink/ Learn about exercise tips for all ages.</li> <li>▪ KC fitness centers will present options to continue a fitness program (15 min.).</li> <li>▪ Stretch for 5 min.- then Walk it out for 20 min. (Water bottle with spices/ fruits for drinks)</li> </ul>
3	Thursday, June 21	10:30-11:30 am	Grocery Store Tour	<ul style="list-style-type: none"> <li>▪ Learn how to buy more fruit and vegetables on a budget.</li> <li>▪ Identify the items that comprise a Nutrition Facts Label including serving size, calories, and nutrients.</li> <li>▪ Learn how to identify whole grains.</li> <li>▪ Learn how to identify if foods are considered high or low in specific nutrients. KCHD (Smart Shopping Handheld Guide and bags).</li> </ul>
4	Thursday, June 28	10:30-11:30 am	Cooking Demo	<ul style="list-style-type: none"> <li>▪ Cook with Fresh Fruits and Vegetables (hands-on cooking demonstration with food samples and recipes provided)</li> <li>▪ “Spice it up” &amp; food presentation.</li> </ul>
5	Thursday, July 12	10:30-11:30 am	Fitness Information/ Walk it Out	<ul style="list-style-type: none"> <li>▪ KC fitness centers will present options to continue a fitness program (15 min.).</li> <li>▪ Stretch for 5 min.- then Walk it out for 20 min. (Water bottle with sliced cucumbers/ fruits for drinks)</li> </ul>
6	Thursday, July 19	10:30-11:30 am	Mindful Eating	<ul style="list-style-type: none"> <li>▪ Stress and Depression &amp; Mindful Eating (your brain - food &amp; behavior connection)</li> </ul>
7	Thursday, July 26	10:30-11:30 am	Eating Healthy on the Run and Smart Snacking	<ul style="list-style-type: none"> <li>▪ Learn tips for preparing quick and healthy on the go snacks.</li> <li>▪ Learn how to plan meals and snacks ahead of time.</li> <li>▪ Learn tips on how to boost the nutrition in your meal while eating out.</li> <li>▪ Learn to make healthier selections when eating out.</li> <li>▪ Identify key words on the menu to help make eating healthier while eating out easier. (Provide quick healthy snacks)</li> </ul>
★ 8	Thursday, August 2	10:30-11:30 am	Cooking Demo & Survey	<ul style="list-style-type: none"> <li>▪ Modifying cooking techniques, Diets on the Market, and Post-survey.</li> </ul>

## Commit to Be Fit - Calendar (August 9<sup>th</sup> - September 27<sup>th</sup> 2018)

Week	Date	Time	Activity	Education/Partner
1	Thursday, August 9	10:30-11:30 am	Introduction & Survey Garden Basics	<ul style="list-style-type: none"> <li>▪ Introduction, Pre-survey, “Grow your own garden” and Journals.</li> <li>▪ Garden Basics and Garden boxes: KC Water &amp; Soil (Seeds and glove garden), Home Depot (garden boxes), &amp; KCHD (soil bags)</li> </ul>
2	Thursday, August 16	10:30-11:30 am	Fitness Information/ Walk it Out	<ul style="list-style-type: none"> <li>▪ Rethink Your Drink/ Learn about exercise tips for all ages.</li> <li>▪ KC fitness centers will present options to continue a fitness program (15 min.).</li> <li>▪ Stretch for 5 min.- then Walk it out for 20 min. (Water bottle with spices/ fruits for drinks)</li> </ul>
3	Thursday, August 23	10:30-11:30 am	Grocery Store Tour	<ul style="list-style-type: none"> <li>▪ Learn how to buy more fruit and vegetables on a budget.</li> <li>▪ Identify the items that comprise a Nutrition Facts Label including serving size, calories, and nutrients.</li> <li>▪ Learn how to identify whole grains.</li> <li>▪ Learn how to identify if foods are considered high or low in specific nutrients. KCHD (Smart Shopping Handheld Guide and bags).</li> </ul>
4	Thursday, August 30	10:30-11:30 am	Cooking Demo	<ul style="list-style-type: none"> <li>▪ Cook with Fresh Fruits and Vegetables (hands-on cooking demonstration with food samples and recipes provided)</li> <li>▪ “Spice it up” &amp; food presentation.</li> </ul>
5	Thursday, September 6	10:30-11:30 am	Fitness Information/ Walk it Out	<ul style="list-style-type: none"> <li>▪ KC fitness centers will present options to continue a fitness program (15 min.).</li> <li>▪ Stretch for 5 min.- then Walk it out for 20 min. (Water bottle with sliced cucumbers/ fruits for drinks)</li> </ul>
6	Thursday, September 13	10:30-11:30 am	Mindful Eating	<ul style="list-style-type: none"> <li>▪ Stress and Depression &amp; Mindful Eating (your brain - food &amp; behavior connection)</li> </ul>
7	Thursday, September 20	10:30-11:30 am	Eating Healthy on the Run and Smart Snacking	<ul style="list-style-type: none"> <li>▪ Learn tips for preparing quick and healthy on the go snacks.</li> <li>▪ Learn how to plan meals and snacks ahead of time.</li> <li>▪ Learn tips on how to boost the nutrition in your meal while eating out.</li> <li>▪ Learn to make healthier selections when eating out.</li> <li>▪ Identify key words on the menu to help make eating healthier while eating out easier. (Provide quick healthy snacks)</li> </ul>
★ 8	Thursday, September 27	10:30-11:30 am	Cooking Demo & Survey	<ul style="list-style-type: none"> <li>▪ Modifying cooking techniques, Diets on the Market, and Post-survey.</li> </ul>