

# FRUIT AND VEGETABLE ACTIVITY

Adult Edition 2013

## Pumpin' the Juice: Fruit and Vegetable Strengthening

- **Who is this for?**
  - Adults and older adults
- **Why is this a good idea?**
  - Eating fruits and vegetables is healthy and delicious.
  - Fruits and vegetables are full of vitamins, minerals, and fiber.
  - Eating fruits and vegetables every day helps children grow and develop.
- **Items Needed:**
  - Orange or grapefruit- these are roughly equivalent to 1 lb. **OR**
  - Various canned fruits and vegetables
- **Objective:**
  - To describe the benefits of eating a diet high in fruits and vegetables and discuss the pros/cons of canned fruits and vegetables
- **Nutrition Message/Lesson:**
  - Bring in examples of fresh and canned fruits and vegetables. Describe the health benefits of the canned fruits and vegetables. Assist audience with reading the nutrition label on canned fruits and vegetables.
- **Activity:**
  - Grapefruits and canned fruits and vegetables weigh roughly 1 lb. Demonstrate the following strengthening exercises using these resources. Be sure to inform the audience to not participate if they have any medical conditions or injuries. For more information on exercises for the adult and older adult population, please visit <http://go4life.nia.nih.gov/>.

## Overhead Arm Raises

You can do this exercise with cans of vegetables. Be sure to discuss the pros and cons of canned vegetables. The exercise will strengthen your shoulders and arms.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times



Figure 1: Overhead Arm Raise starting position



Figure 2: Overhead Arm Raise ending position

## Arm Curl

This exercise can be done using grapefruits (equivalent to roughly 1 lb.) or another medium sized fruit. This exercise will strengthen your upper arm muscles.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



Figure 4: Starting position for Arm Curl



Figure 3: Ending position for Arm Curl

## Shoulder raises

This exercise will strengthen your shoulders and make lifting groceries easier, and it can be done with canned vegetables, a grapefruit (equivalent to roughly 1 lb.), or any other medium sized fruit.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.



Figure 6: Starting position for shoulder raises

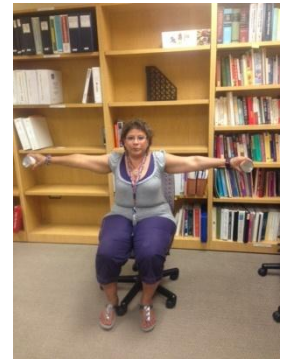


Figure 5: Ending position for shoulder raises

## Front Raise

This exercise for your shoulders and can be done using canned vegetables, a grapefruit (equivalent to roughly 1 lb.) or any other medium sized fruit.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



Figure 7: Starting position for front raise

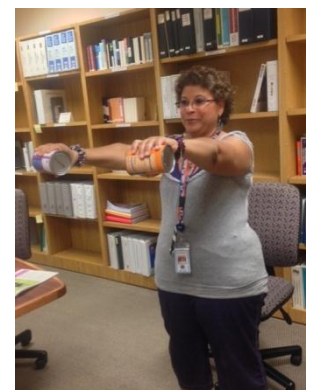


Figure 8: Ending position for front raise