



TEXAS RETIRED TEACHERS ASSOCIATION

TRTA: The Voice For All Public Education Retirees

HEALTHY LIVING COMMITTEE CHAIR

RESOURCE GUIDE 2020-2022

Forms in this guide are available online at www.trta.org/healthyliving

Healthy Living Committee

Healthy Living Resources

- **Resource Guide**
 - ❖ The Healthy Living Resource Guide can be downloaded at www.trta.org/healthyliving.
- **Webpage**
 - ❖ The Healthy Living webpage contains links to articles that can include nutritional, physical and overall wellness information.
 - ❖ The chair should become familiar with the Healthy Living webpage and its contents.
- **Use of Resources**
 - ❖ Periodically use the resources as a guide to inform and involve your members in a 5-10-minute fun, friendly, activity demonstrating one or more ways to enjoy healthy living.

Healthy Living Messages

- **Monthly Communications**
 - ❖ The State Healthy Living Committee sends a monthly email to the District Healthy Living Chair that highlights health related information.
 - ❖ The District Healthy Living Chair then shares the monthly email information with their local counterparts.
- **Sharing Stories**
 - ❖ Encourage members to share their stories with photos and descriptions that can be submitted to the State Healthy Living Committee.
 - ❖ Locals could be recognized through various TRTA social media outlets and print marketing.

Healthy Living Committee

The TRTA Healthy Living Committee shall collaborate with state and national organizations concerned with retirees' health issues to develop and implement programs for the maintenance and improvement of retirees' physical, mental and emotional health. The committee shall collaborate with other standing and special committees as appropriate to further the mission of TRTA.

Suggested Activities

The TRTA State Healthy Living Committee Chair:

1. Establish working contacts with persons, organizations, and agencies in the community that have information and expertise in the health field;
2. Attend and urge committee members to attend community forums, health fairs, or special training events relative to health care;
3. Serve as presenter to train district and local unit counterparts at the TRTA Convention; and
4. Gather and disseminate resource materials to district healthy living committee chairs to be used at the local unit level.

The TRTA District Healthy Living Committee Chair:

1. Send information received from the state healthy living committee chair to the local unit healthy living committee chair in the district;
2. Gather health-related information of interest to retired school and higher education personnel and send it to the local unit healthy living committee chair;
3. Establish working contacts with persons, organizations, and agencies in the district that have information and expertise in the health care field;
4. Attend the TRTA Convention healthy living leadership training session if possible; and
5. Serve as presenter of the healthy living training for local unit healthy living committee chairs at the Spring Leadership Development Conference.

The TRTA Local Unit Healthy Living Committee Chair:

1. Relate information received from the state and district healthy living chairs to the members;
2. Gather information of local interest to retired school and higher education personnel and notify the members;
3. Establish working contacts with persons, organizations, and agencies in the community that have information and expertise in the health care field;
4. Attend and urge members to attend community forums, health fairs, or special training events relative to health care;
5. Report at each meeting something of significant interest to the membership even if only a tidbit from the newspaper, radio or television; resource guide, or a reputable online source;
6. Plan and encourage participation in at least one (1) Healthy Living Program for the local unit each year;
7. Become knowledgeable about community resources; and
8. Attend the healthy living training session at the TRTA Convention and, if possible, attend the healthy living training session at the Spring Leadership Development Conference.

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Healthy Living is a Lifestyle

🍏 *Eat Smart* 🍏

Healthy eating starts with healthy food choices.

Nutrition

- Fill half of your plate with fruits and vegetables
- Eat on small plates
- Stay hydrated
- Take small bites
- Snack on nuts or dried fruits
- Eat most meals at home

🚶 *Move More* 🚶

Find forms of exercise you like and will stick with and build more opportunities to be active in your routine.

Physical

- 15 or more minutes of walking daily
- 30 minutes of running, chair exercises, yoga, or sports
- Practice balancing exercises
- Protect your spine by sitting up straight
- Practice deep breathing

🧠 *Be Well* 🧠

Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more.

Mental Health

- Learn to play a musical instrument
- Work crossword puzzles
- De-clutter
- Play brain games
- Disconnect from electronics
- Read funny books and jokes
- Smile often

Emotional/Spiritual

- Meditate
- Give at least one complement each day
- Say grace before meals
- Keep a gratitude journal
- Forgive
- Feel empathy, love, and compassion for others
- Say thank you
- Think happy thoughts

Social

- Become active in an organization or senior center
- Schedule weekly family night
- Volunteer as a mentor, tutor, or assistant
- Join a special interest group

Healthy Living Calendar

January

Remember to include deep breathing in your busy lifestyle.

February

Record your meals and/or activities.

March

Get a massage – It's good for the whole body!

April

Cut major sources of stress out of your life.

May

Fuel your passion.

(Paint, dance, swim, write, garden)

June

Let go of the little things.

(If something won't matter tomorrow, don't let it ruin today).

July

Don't forget to wear protective sunglasses when outside during the day.

August

Be kind to everyone and be sure your vaccines are current.

September

Evaluate your home environment for falls.

October

Conquer your bad thoughts and habits.

November

Catch those zzz's – Lack of sleep sets the stage for overeating.

December

Imbibe and eat intelligently on special occasions

Guidelines for Healthy Meetings

The connection between food, physical activity and health are well documented. Offering healthy choices at meetings and other events can make it easier for people to eat healthy foods and be physically active. Making simple changes to foods, drinks and breaks offered at group and community events gives members disease-fighting foods and an energy boost without worries about too many calories, too much unhealthy fat, or too much sedentary time.

Healthy Foods and Beverages

- Serve low-calorie and low-fat foods.
- Serve fresh fruits and vegetables whenever possible.
- Serve small portions (e.g., cut bagels in halves or quarters, etc.).
- Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks.
- Lunch and dinner don't have to include a heavy dessert - fresh fruit, a fruit crisp or cobbler, small cookies, etc. are fine options.
- Include a vegetarian option at all meals.
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half (evaporated skim milk also works well for coffee - make sure it's not sweetened condensed milk).
- Provide pitchers of water.
- Organize physical activity breaks that can be modified or adapted for people of all abilities, such as stretching exercises that can be performed in a seated position.

Light Refreshments

- Fresh sliced fruit and vegetable tray - offered with low-fat dips.
- Whole grain crackers or granola bars (5g fat or less per serving).
- An assortment of low-fat cheeses and whole grain crackers.
- Pita chips served with hummus.
- Whole grain muffins (halved if not serving mini muffins), whole grain breads.
- Low-fat yogurt; dried fruit mix; almonds.
- Sandwich platters - cut sandwiches in half so people can take smaller portions. Offer mustard and low-fat mayonnaise as condiments on the side. Use whole grain breads.
- Pretzels, popcorn, baked chips, and trail mixes.
- Bagels with low-fat cream cheese or jams - cut bagels in halves or quarters.
- Desserts: frozen yogurt or sorbet, small cookies, small individually wrapped chocolates, fruit crisp.

Healthy Living Resources

To learn more about Healthy Living for your District and Local meetings, visit www.trta.org/healthyliving.

You can access an educational video, guide, articles and tips to assist you in your role as Healthy Living Chair.