

## NEW JERSEY AGRICULTURAL EXPERIMENT STATION

The New Jersey Agricultural Experiment Station is the way in which Rutgers and the state of New Jersey fulfill a joint mission to provide solutions to residents. As a land-grant university, Rutgers is committed to teaching, research, and outreach.

Today, 142 years after being named the only land-grant college of New Jersey and 126 years after the founding of the NJAES, we remain true to our roots. Our services are available through offices in all 21 New Jersey counties. The work that NJAES does is carried out by 4-H agents, Extension specialists, Family & Community Health Sciences educators, and Agricultural and Resource Management agents. They are the ones who provide continuing-education opportunities and certification programs, work with at-risk youth, educate parents and restaurant owners about food allergies, teach proper nutrition to combat obesity and diabetes, identify invasive species, reduce pesticide use, improve soil fertility, and more.



Funding for this brochure made possible by



### *Family and Community Health Sciences at Rutgers Cooperative Extension*

FOR MORE THAN 60 YEARS, FAMILY & COMMUNITY HEALTH SCIENCES HAS PARTNERED WITH NEW JERSEY SCHOOLS, BUSINESS/INDUSTRY, INSTITUTIONS OF HIGHER EDUCATION, PROFESSIONAL ASSOCIATIONS, HEALTHCARE PROVIDERS, STATE AGENCIES, AND COMMUNITY GROUPS.

FAMILY & COMMUNITY HEALTH SCIENCES IS YOUR LOCAL AUTHORITY ON PERSONAL WELLNESS, NUTRITION, AND HEALTHY LIFESTYLES PROGRAMS.

FAMILY & COMMUNITY HEALTH SCIENCES CURRICULA ARE RESEARCH-BASED AND OUR PROGRAMS CAN BE EASILY EVALUATED TO DEMONSTRATE IMPACT.



### **RUTGERS COOPERATIVE EXTENSION OF ATLANTIC & OCEAN COUNTIES**

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## GET MOVING-GET HEALTHY NEW JERSEY... SENIORS!

A Healthy Lifestyle Program for  
New Jersey's Active Adults



**RUTGERS COOPERATIVE EXTENSION OF  
ATLANTIC & OCEAN COUNTIES**

**TEL: 609.625.0056**

**WEBSITES:  
WWW.ACLINK.ORG/RCE-ATLANTIC  
WWW.NJAES.RUTGERS.EDU**

## GET MOVING-GET HEALTHY NEW JERSEY... SENIORS!

The mission of Get Moving-Get Healthy New Jersey is to improve the health of individuals, families and communities. Get Moving-Get Healthy New Jersey encourages a healthy lifestyle, especially healthy eating and physical activity, through educational programs, a website, publications, and targeted marketing campaigns. Rutgers Cooperative Extension works in partnership with state and local governments, research institutions, professional groups, corporations, and private organizations to achieve this mission.

The website can be found at <http://getmovinggethealthynj.rutgers.edu>. This interactive site features information on Healthy Eating, Physical Activity, Resources, and a Just For Kids link. Also featured are a Food of the Month and an Activity of the Month. The following interactive tools can be accessed from the site:

- BMI Calculator
- Calorie Calculator
- Target Heart Rate Calculator
- MyPyramid Plan



## HEALTHY LIFESTYLES FOR SENIORS

Get Moving-Get Healthy New Jersey...Seniors! is a program that empowers Atlantic County's 55+ populations to focus on healthy living by:

- Increasing knowledge of the link between healthy food choices and quality of life
- Increasing levels of activity and fitness
- Increasing awareness of community resources & information

The series can be presented in a weekly or monthly format that includes customized interactive sessions based on the needs of the community. The sessions can be mixed & matched according to your interests. The goal of the program is to help seniors maintain an active healthy lifestyle. The series can include a 30 minute walk-on-your-own program that continues throughout the span of the weekly/monthly sessions.

### Color Your Plate & Lighten Up the Fat

Family & Community Health Sciences Department

### The Health Benefits of Gardening: Indoors & Outdoors

Rutgers Cooperative Extension Master Gardener

### Keys to Easy Movement

The Arthritis Foundation

### Stress Less Seminar

Living Well Holistic Center

### Family Health History

Family & Community Health Sciences Department

### Health Screenings 101

Atlantic County Healthy Living Coalition

### Boosting Your Memory and Brain Health

Stockton Center on Successful Aging

### What Everyone Needs to Know About Diabetes

Family & Community Health Sciences Department

### Emergency Preparedness: Ready for Anything

Atlantic County Health Department

## MORE SESSION TOPICS...

### Your Diet & Cancer Prevention

[The American Cancer Society](#)

### Celebrating Atlantic County's Blueberry!

[Rutgers Cooperative Extension Departments: Agricultural Sciences with Family & Community Health Sciences](#)

### NJ Wineries: Wine Tasting & Wine Pairings\*

[Rutgers Cooperative Extension Agricultural Sciences](#)

\* this session requires an \$8 - \$10 fee per person

### Jersey Fresh Foods Demonstrations\*

[Family & Community Health Sciences Department](#)

this session requires a \$2 - \$3 fee per person

Don't Be a Victim: Self Defense for Everyone!

[Local Martial Arts Instructor/State Trooper](#)



## OPTIONAL ACTIVITIES

**On-site Health Fair** – A Health Fair for your community can be added to the informational session series. Health Fairs can be designed to meet the needs of your community. They can be combined with special community events or flu clinics.

**RUTGERS**

New Jersey Agricultural  
Experiment Station

**RUTGERS COOPERATIVE EXTENSION  
OF ATLANTIC COUNTY**

**Joanne Kinsey, M.S.**

FAMILY & COMMUNITY HEALTH  
SCIENCES EDUCATOR/ASSISTANT  
PROFESSOR