



# Senior Nutrition Program Activity Guide: Text Challenge

**This simple text-based challenge can help seniors engage and socialize, which is important to their overall health and well-being. To take part, the only thing needed is a smartphone, tablet, or other device with text capability. Whether you make this challenge part of a larger program activity or do it as a new fun addition, it's sure to create new connections.**

## Coordination

- Assign a coordinator to manage the activity.
- Figure out the challenge frequency (daily, weekly).
- Choose the type or theme of the challenge (physical, mental, nutritional, combination, holiday, etc.).
- Create a sign-up sheet and be sure it makes clear that phone numbers will be shared with others.
- Promote the activity in newsletters, at drive-thru events, on flyers with home-delivered meals, etc.
- After signup, text a welcome to the group and tell them how they can stop taking part if they choose.
- Send texts per the challenge schedule and ask group members to reply with their answers/results.

## Physical Challenge Ideas

- **Walk or march:** For 15 minutes, in place at home or outside if weather permits.
- **Wall push-up:** Stand arm's length from wall with hands on wall, lean toward wall bending elbows until nose almost touches. Repeat 10 times.
- **Toe lift:** Sit in chair, keep heels on floor, lift toes until you feel it in shins. Repeat 20 times.
- **Heel lift:** Sit in a chair, keep toes and balls of feet on floor, lift heels. Repeat 20 times.
- **Leg lift:** Stand, feet hip-width apart (use support chair if needed). Lift left foot, shifting weight to right side. Hold for 30 seconds, put down. Lift right foot, hold for 30 seconds, put down. Repeat 3 times.
- **Chair sit:** Stand in front of sturdy chair. Sit down in chair, then stand up. Repeat 10 times.

- **Toe touch:** Touch left toes with right hand. Stand up. Touch right toes with left hand. Repeat 10 times.
- **Snow angel:** Stand 3" from wall, with your head and back against wall. With hands against wall, palms facing out, slowly raise hands above head and lower. Repeat 10 times.



**Depending on your group and challenge, you may want to encourage group members to share photos.**

## Mental Challenge Idea: Riddles

- **Text:** What vegetable is the King of Rock and Roll?  
*Answer: Elvis Parsley*
- **Text:** What did the doctor prescribe to the sick lemon?  
*Answer: Lemon-aide*
- **Text:** What kind of fruit do computer nerds love?  
*Answer: Macintosh apples*
- **Text:** What fruit is friendly and likes to meet people?  
*Answer: Date*
- **Text:** What kind of food is always tardy?  
*Answer: Choco-late*
- **Text:** What fruit is always sad?  
*Answer: Blueberries*
- **Text:** What table can you eat?  
*Answer: Vege-table*
- **Text:** What did the nut say when it sneezed?  
*Answer: Cashew*
- **Text:** What day do potatoes hate?  
*Answer: Fry-day*