

SYLLABUS

Course Title: How to Eat, Move, and Groove to Boost Lifelong Health and Well-Being

Course Date: Spring 2024

Course Instructor: Susie Kundrat, MS, RDN, LDN – Founder of [Eat Move Groove, LLC](#); Clinical Professor Emeritus with the University of Wisconsin-Milwaukee's Joseph J. Zilber College of Public Health; Senior Lecturer with the University of Illinois Food Science and Human Nutrition Department; Adjunct Instructor with Walla Walla Community College

Course Description: Confusion abounds when it comes to what, how much, when, and why to eat and move for lifelong health and well-being. In this course, participants explore the “Science to Simple” approach to provide a simple, positive, practical, and accessible method for maximizing longevity based on *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness & Wellness*. Grounded in science and practical application from the team of Eat Move Groove experts, participants will come away with a flexible framework for implementing a lifelong eat, move, and groove (supporting your personal well-being) plan to carry with them daily.

Week 1: Eat Move Groove Basics

1. Introduction to the Eat Move Groove philosophy and background; course pre-assessment
2. Eat, Move, Groove application: **2211** Eat, Move, and Groove break and recipe sampling
3. Longevity research 101: Simple solutions based on the data

Week 2: Eat - Science to Simple

1. Science to simple: EAT research to daily life
2. Eat, Move, Groove application: **2211** Eat, Move, and Groove break and recipe sampling
3. How to Eat with the 2211 plan

Week 3: Move - Science to Simple

1. Science to simple: MOVE research to daily life
2. Eat, Move, Groove application: **2211** Eat, Move, and Groove break and recipe sampling
3. How to Move with the **2211** plan

Week 4: Groove - Science to Simple

1. Science to simple: GROOVE research to daily life
2. Eat, Move, Groove application: 2211 Eat, Move, and Groove break and recipe sampling
3. How to Groove with the 2211 plan
4. Course wrap-up and post-assessment

Bibliography

Mak, H.W., Noguchi, T., Bone, J.K. et al. Hobby engagement and mental wellbeing among people aged 65 years and older in 16 countries. *Nat Med* 29, 2233–2240 (2023). <https://doi.org/10.1038/s41591-023-02506-1>.

Nunes, E. A., Colenso-Semple, L., McKellar, S. R., Yau, T., Ali, M. U., Fitzpatrick-Lewis, D., Sherifali, D., Gaudichon, C., Tomé, D., Atherton, P. J., Robles, M. C., Naranjo-Modad, S., Braun, M., Landi, F., & Phillips, S. M. (2022). Systematic review and meta-analysis of protein intake to support muscle mass and function in healthy adults. *Journal of Cachexia, Sarcopenia and Muscle*, 13(2), 795–810. <https://doi.org/10.1002/jcsm.12922>.

Stromsnes, K., Correias, A.G., Lehmann, J., Gambini, J., & Olaso-Gonzalez, G. (2021). Anti-inflammatory properties of diet: Role in Healthy Aging. *Biomedicines*, 9(8), 922. <https://doi.org/10.3390/biomedicines9080922>.

Reading list

Kundrat, Susan. *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness & Wellness* (2024, in press). Susie's book is available as a free downloadable PDF [from the book launch website](#). Paperback copies of the book will be available for purchase in class.

“Healthy Longevity,” Harvard T. H. Chan School of Public Health Nutrition
Source: <https://www.hsph.harvard.edu/nutritionsource/healthy-longevity/>.

“7 Habits Longevity Experts Have Adopted Themselves,” *Everyday Health*, <https://www.everydayhealth.com/longevity/habits-longevity-experts-have-adopted-themselves/>.