

Lifestyle Health Program Newsletter

February | 2022

Heart Health Awareness Month
Stress Less for Healthier Heart Fact Sheet click [HERE](#)

Nutrition Updates



Live Virtual Cooking Class, February 9th (Wednesday), 5:30-6:30pm: Plant Powered for Heart Health

- Learn about the heart-health benefits of eating with a plant slant
- Plant-based kitchen essentials
- Easy ideas for how to incorporate more plant proteins into your diet
- [Featured recipes](#) with beans, tempeh, tofu, nuts, seeds and whole grains:
 - *Thai basil tempeh bowl*
 - *Rosemary white bean grain bowl*
 - *5-minute lentil-kale bowl*
 - *Vegan dark chocolate silk pie*
- More info and register [here](#)

Email [Sarah](#) to schedule a Nutrition Check-up!

Fitness Updates



Exercising for Heart Health

- **Being active can:** Protect your heart, improve blood flow, lower blood pressure and cholesterol levels, increase stamina and ability to cope with stress.
- **Not so fun fact:** Individuals that are inactive are nearly twice as likely to develop heart disease than active individuals.
- **How much is enough:** For major health benefits, aim for at least 150 minutes a week. As little as 60 minutes a week of moderate-intensity aerobic activity can help your heart, but more activity means a bigger boost in your health.
- **3 indicators your intensity is enough to help your heart:** Your heart is beating faster, you're breathing harder, you break a sweat.

Thank you to all those that participated in our January Exercise Accountability Group!
Keep up the good work.

- Need accountability or motivation? Email [Mira](#) to schedule a Fitness Assessment!



"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
-Etty Hillesum



Fitness Class Schedule

Monday 10:30-11:15am; 4:30-5:15pm
Wednesday 10:30-11:15 am; 4:30-5:15pm

Fitness classes are virtual only for the time being. [E-mail Mira](#) for the virtual class link.

Yoga Class Schedule

Tuesday 5:30-6:30pm
Thursday 4:30-5:15pm

Yoga classes are virtual only. [E-mail Mira](#) for the virtual class link.

Contact Information

UCHealth Lifestyle Health Program

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