

Lifestyle Health Program Newsletter

January | 2022

Living Well with Diabetes Virtual Class Series

Thursdays, January 13th- February 17th
5:15 - 7:30 p.m.

Join us for a free 6-week program and discover practical skills and “tools” to help manage symptoms, learn about nutrition and physical activity, goal setting, problem solving and taking those small steps towards living well.

Register [here](#).

Fitness Updates



Exercise accountability group: [January 1-31](#)

- Need some help sticking to a New Year's resolution? The goal in this group is to exercise three times per week for the entire month!
- Exercise sessions are done independently and can be whatever you'd like: walking, swimming, gym class, LHP fitness class, yoga, weights workout, etc
- All you need to do is track workouts and submit the log at the end of the month to be entered for our prize drawing!
- Starts on January 1st but you can register late through January 5th
- Expect 1-2 check in emails per week
- Register [here](#).

Nutrition Updates



New Year, New Healthier Eating Habits!

Here are Sarah's "Top 10" realistic nutrition goals. Pick one goal to focus on!

1) Practice mindful eating.

Slow down and try to avoid distractions while eating to help you tune-in to your body's internal cues. Try eating mindfully for at least one meal or snack per day.

2) Eat more whole foods.

In particular, focus on veggies, fruit, nuts, seeds and whole grains, which contain a plethora of nutrients that your body needs to function at an optimal level.

3) Cook more meals at home.

Research shows that meals prepared at home tend to be healthier and lower in calories. Meals don't need to be gourmet. Use shortcuts, keep it simple.

4) Reduce the *added* sugar in your diet.

Women <25g added sugar; Men <36g added sugar

5) Designate time for meal prep and planning.

If you don't have healthy food on hand, you can't eat it. Set aside some time to plan, shop, and prep food ahead of time.

6) Re-Think what you drink.

Limit sweetened and artificially sweetened beverages and alcohol. Drink more water and unsweetened beverages.

7) Add more veggies.

Aim for ½ plate non-starchy veggies. Try designating one meatless day per week.

8) Eat for a healthy gut.

Include probiotic and prebiotic foods every day. Probiotics= cultured, fermented with live bacteria, such as yogurt, kefir, sauerkraut, etc; Prebiotics= fibrous foods. Think whole grains, veggies, fruit, nuts, seeds.

9) Protein/Fat/Fiber.

At every meal/snack, try to include some protein, healthy fat, or fiber, to help balance blood sugar and keep you full longer.

10) Hydrate.

Start where you are, and try to increase your intake throughout the day. Take your body weight and divide by 2. Aim for this amount of water, herbal tea, or other unsweetened beverages.

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, with easy ideas for how to incorporate more of these foods into your diet. Featured recipes with beans, tempeh, nuts and seeds!
- More info and register [here](#)

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



*“The bad news is time flies.
The good news is you're the
pilot.”*

-Michael Altshuler



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 offered in-person and virtually. [E-mail Mira](#) for the virtual class link or to sign up for in-person classes.

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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