

Lifestyle Health Program Newsletter

March | 2022

Cancer Thriving and Surviving Free 6 week Course
When: Thursdays 5:15-7pm, March 17 - April 28
Register: Click [here](#)

Are you a cancer survivor who is interested in not just surviving, but thriving? Participants completing our program have called it “life changing,” “empowering,” and “the push I needed to take charge of my health.” Participants will learn a variety of self-management skills that are specific to cancer survivors.

Nutrition Updates

March is National Nutrition Month!

What's the best diet? Low-carb, high-carb, low-fat, high-fat, high-protein, paleo, Mediterranean, Whole 30... the list goes on and on...

The best diet for *you*, is the best diet for *your* body, that supports the healthiest version of you – and most importantly - that you can maintain for a lifetime.



Did you know that the food that you choose to eat has profound effects on your overall health? In fact, research shows that eating habits influence disease risk. While certain foods may trigger chronic health conditions; others offer strong protective qualities.

A nutrient-dense diet of whole foods has been shown to support a strong immune system, prevent many chronic diseases, and may help treat some conditions, such as type 2 diabetes. On the flipside, diets that are high in “ultra-processed” foods, such as sugary drinks, fast food, and refined grains, may weaken your immune system, and can contribute to chronic diseases, such heart disease and diabetes.

Sounds easy, huh? Just eat the healthy stuff, and avoid the junk. But life is complicated, as is our relationship with food.

This is a great time to mindfully re-think your relationship with food, and to consider the following:

- 1) How do the foods I eat impact my energy/digestion/mood, etc?
- 2) Which foods “feel good” in my body?
- 3) Which foods feel okay in the moment, but make me feel worse after a few hours?
- 4) What kinds of foods do I associate with rewards and celebrations?
- 5) What role did food play in my family growing up?
- 6) How does my “food environment” at work and home, make it “easy” or “hard” to make the

- healthy choice? And what can I do to make the healthy choice “easier” to choose?
- 7) Am I eating because it’s time to eat, or because I’m really hungry?
 - 8) Am I hungry? Am I thirsty? Am I bored, stressed, etc?

To help you build on healthy eating habits as you Spring into the Summer, LHP will be offering a 21-Day Real Food Re-Set Challenge, starting April 1. More info and register [here](#).

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



...Coming in April...

April 1st - 21st

Register [now](#) for the **21-Day Real Food Re-Set!** Challenge yourself to 3 weeks of clean eating, and join with your family and coworkers.

Worth 15 PSD Wellness Points

More info and register [here](#).

March 30th

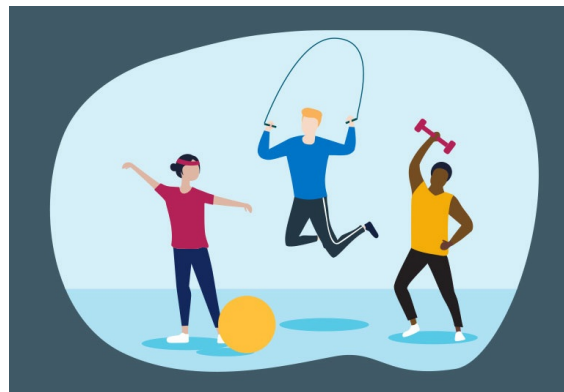
Virtual Nutrition Class:

Real World Real Food

Delicious, flavorful recipes inspired by real food.

More info and register [here](#).

Fitness Updates



Special Virtual Classes:

- "Evening Yoga Express" 30 minute yoga class coming April 6th at 5pm
- "Lunch Exercise Express" 30 minute low intensity movement and exercise class coming April 21st at 12pm
- All experience levels welcome!
- Register [here](#) to receive the **Yoga Express** virtual class link (Microsoft Teams)
- Register [here](#) to receive the **Exercise Express** virtual class link (Microsoft Teams)

Classes update

- **Fitness classes:** Classes are still virtual on Teams, but the potential for starting up in person is likely in the next month or two, be on the lookout for more information!
- **Next fitness challenge**

- Class challenge coming in May...stay tuned!

How is your fitness journey going so far this year?

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



*"A healthy outside starts from the inside."
-Robert Urich*



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

Laura.Dvorak@uchealth.org