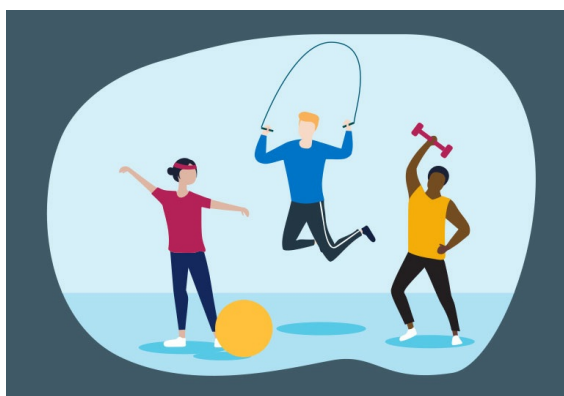


Lifestyle Health Program Newsletter

April | 2022

Fitness Updates



Special Virtual Classes:

- "Evening Yoga Express" 30 minute yoga class today [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:** We are back! [In person and online options available](#), every Monday and Wednesday 1030am and 430pm.
- **Yoga classes:** Tuesday Yoga for Everybody [online](#), Thursday Yoga for Relaxation [in person and online](#) (you can decide how you'd prefer to attend)!
- Email Mira if you'd like the Teams invites or have any questions about in person classes

Fitness Challenge coming in May

- Attend as many Lifestyle Health fitness and yoga classes the month of May as you can!
- Classes can be attended via Teams (email for link) or in person
- Prize drawing at end of challenge for those with the highest attendance
- Can't make it to a class? Request a recording **and** send confirmation of completing the class and it still counts.
- No registration required
- **May is a busy month! Challenge yourself to continue to prioritize your health through all the craziness the end of the school year brings....**

How is your fitness journey going so far this year?

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

Nutrition Updates

Spring is a great time to clean up your diet!
Check out these **healthy Spring Recipes**.

Email **Sarah** to sign up for a Nutrition Check-in!

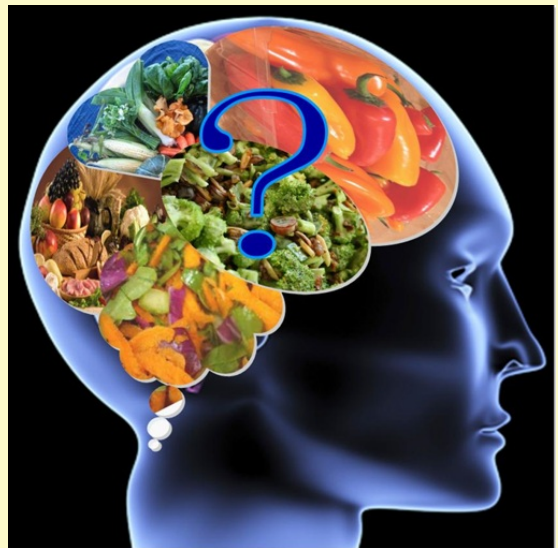
Upcoming Virtual Nutrition Class

Wednesday May 11, 2022
5:30-6:30pm

Mental Health and Nutrition: What's the Connection?

Topics covered:

- Key nutrients to support mental health
- Foods and moods
- SMILES Trial (nutrition & depression study findings)
- Gut health and mental health
- 8 Nutrition Tips to improve mental health



[Register Here!](#)



***“Take care of your body, it's
the only place you have to
live.”***

-Jim Rohn



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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