

Lifestyle Health Program Newsletter

May | 2022

Living Well with Chronic Disease FREE workshop!

When: Thursdays, June 9th - July 21st

Time: 5:15-7:30pm

Discover practical skills and “tools” to help better manage pain, blood pressure, or diabetes. Learn about nutrition and benefits of moving, goal setting, and problem solving. Together, let’s take those small steps towards living well.

[Register here](#)

Fitness Updates



MAY FITNESS CHALLENGE!!

- 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....**

Classes

- **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

Summer Fitness Challenge: June-August

- Natural Areas Challenge: Hike/walk the natural areas around Fort Collins. A map will be sent out with the natural areas, highlight the ones you are able to complete.
- Turn your completed map in at the end of August for a chance to win a prize!

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!

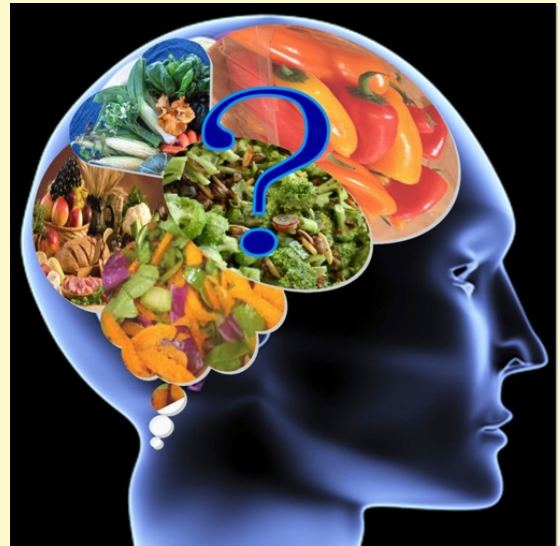
Upcoming Virtual Nutrition Class

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!](#)



*"Self-care is how you take
your power back."
-Lahla Delia*



[Fitness Class Schedule](#)

[Yoga 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.

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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