

# Lifestyle Health Program Newsletter

August | 2022

## Living Well with Chronic Disease FREE workshop!

**When:** Thursdays, September 8th-October 13th

**Time:** 5:15-7:30pm

Join us for a 6-session program for those living with chronic pain and their support person. Discover practical skills and “tools” to help better manage pain, learn about nutrition and benefits of moving, goal setting, and problem solving. Together, let’s take those small steps towards living well.

[Register here](#)

## Healthy Brown Bag Lunch & Snack Ideas!

It's time to start heading back to school. Getting back into a routine again can sometimes be challenging. If you created some healthy habits during the summer, it's important to carry those over to the school year. Packing healthy lunches and snacks that are nutrient-dense will help keep you energized throughout the day. Here are some tips for packing meals for the school year and some healthy snack ideas.

### 7 tips to help pack healthy lunches and snacks

**1) Prioritize:** Make it a priority to eat healthy. This involves packing lunches and snacks from home and bringing them with you to work.

**2) Plan:** Think about what meals and snacks you want to have during the week. Choose a prep day that you are less busy and wash and chop fruits and vegetables, prepare batches of food such as chicken, eggs, beans, or brown rice. If you don't have time for this, buy pre-chopped and washed produce, pre-cooked chicken, or canned beans.

**3) Utilize leftovers:** Making large batches of food for dinners can allow for leftovers that you can bring with you for lunch the next day. Your lunch is already prepared, and it saves time and money. Try making a double batch and freezing leftovers in individual containers.

**4) Keep your fridge stocked up:** Keep fruits and vegetables that are already cut up in your fridge, so they are ready to go for snacks. You can also purchase pre-washed salad mixes, pre-cut fruits and vegetables, and nuts and seeds to save more time.

**5) Convenience food:** Take advantage of products that are already packaged such as cheese sticks, yogurt, hummus, tuna pouches, and nut butter to save time and easily incorporate into your meal.

**6) Protein, fat, fiber:** Try to incorporate foods with protein, fat and fiber, into meals and snacks. This will help to



stabilize blood sugar and avoid energy crashes, and will keep you full for a longer time. For instance, make sure you add some protein to your lunch salad, such as tuna, tempeh, legumes, nuts, seeds, and/or lean meat or chicken.

**7) Let hunger be your guide:** Before diving into the break room treats - stop, take a few breaths, and check in with hunger and thirst. Try **these techniques** to help you tune-in to internal body cues.

### **Snack Ideas**

- \*Apple slices with nut butter\*
- \*String cheese & grapes\*
- \*5 oz plain Greek yogurt & berries\*
- \*Sliced veggies and hummus\*
- \*Air popped popcorn & 1 hardboiled egg\*
- \*Nuts (1/4 cup max)\*
- \*Whole grain crackers and cheese\*
- \*Yogurt/fruit parfait w/greek yogurt, fruit, nuts\*
- \*tuna salad kit\*
- \*Cottage cheese & fruit (peaches, pineapple, pear)\*
- \*Sugar snap peas & hummus\*
- \*chia pudding\*

Register **Here** for the Sept 14th Virtual Nutrition Class. (details below)

## Nutrition Updates

### Virtual Nutrition Class

with Sarah Morales, RD

(live virtual, offered through MS Teams)

### Nutrition for Immune Health

*Learn about the healing benefits of food as medicine,  
with Sarah Morales, Registered Dietitian Nutritionist*



**Wednesday September 14<sup>th</sup>, 5:30pm**

#### **Topics covered:**

- Overview of immune system
- Nutrition and lifestyle habits that weaken the immune system
- Foods and nutrients that strengthen the immune system
- The latest research
- Immune boosting sample meal plans
- Immune booster grocery list
- Practical tips and resources

**Register Here!**

## Fitness Updates



#### **Summer Fitness Natural Areas Challenge:**

- Don't forget to turn your completed map in at the end of August to **earn 20 points in Wellworks and for a chance to win a prize!**

#### **MONTHLY class registration: time to switch things up!**

- **Fitness classes:** Starting in SEPTEMBER sign up for one month of Teams invites at a time ;

each month with a new theme! September's theme: Back to School, Back to You! Attend fitness and yoga classes geared towards back health and mental health as you adjust back to a new routine! In person and online fitness options available, every Monday and Wednesday at 430pm.

- Classes will remain on the regular invites for the month of August and then will be deleted. **If you want to attend September fitness classes you need to register [here!](#)**
- Morning classes are being moved to *in person only* and will be onsite at the PSD South Transportation Terminal (6425 Portner Road) on Tuesdays at 11am and onsite at the PSD North Transportation Terminal (2445 Laporte Ave Building H) on Wednesdays at 11am. Everyone welcome to attend, not only those that are employed onsite. Email Mira for more information!
- **Yoga classes on Teams:** These classes are also switching to monthly registration! Join us in September for 'back to school, back to you' yoga classes. Tuesday 530pm, Thursday 430pm. (Same class times in August, but the current invites will be deleted and new ones sent out at the end of the month. **Register [here](#) for September yoga invites!**)
- Email Mira if you have any questions about registering for September classes and would like the Teams invites or have any questions about in person classes.

How is your fitness journey going so far this year?

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

**Not feeling ready or able to start an exercise routine just yet? Simply getting out for a walk can have amazing health benefits. Read more [here!](#)**



*“With the new day comes new strength and new thoughts.”*  
-Eleanor Roosevelt



#### Fitness Class Schedule

**Monday** 4:30-5:15pm  
**Wednesday** 4:30-5:15pm

Fitness classes are virtual and in person.  
[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**

