

Lifestyle Health Program Newsletter

July | 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 that helps those in pain and their support person, deal with ongoing issues associated with chronic pain. 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](#)

A Colorful Summer

Much of early medicine relied on the prescription of specific plants and herbs for healing, a practice still supported by contemporary research. Diets rich in plant foods (fruits, vegetables, whole grains, nuts, herbs, spices), may offer some degree of protection against cancer, cardiovascular disease, type 2 diabetes, and neurodegeneration.

Fortunately, Summer is a great time to load up on seasonal fruits and vegetables. All of this colorful produce provides us with a host of vitamins and minerals to keep us healthy. They are also packed with powerful **phytochemicals**. "Phyto" chemicals are naturally occurring plant compounds that provide plants with their distinctive color, flavor, odor, and protective qualities. Eating a variety fruits and vegetables aids in the function of the immune system, reduces inflammation, helps regulate hormones, and protects cells from oxidative damage. The best way to ensure that you’re getting a variety of phytochemicals in your diet, is to eat a rainbow of fruits and veggies.



This summer is a great time to visit your local farmers market to pick up fresh colorful produce in season:

Red: Contains *carotenoids*, *lycopene*, *polyphenols*, and *anthocyanins* to prevent cancer and improve cardiovascular health

F&V in season: beets, cherries, radishes, raspberries, tomatoes, strawberries, watermelon

Orange & Yellow: Contains *alpha and beta carotene* for healthy heart, vision, and immune system

F&V in season: apricots, cantaloupe, carrots, peaches, summer squash, sweet corn

Green: Provides *carotenoids* called *zeaxanthin* and *lutein* for good vision and prevention of age-related macular degeneration. Also provides *chlorophyll* to decrease the activation of carcinogens.

F&V in season: arugula, broccoli, cabbage, celery, chard, collards, cucumbers, green beans, herbs, kale, lettuce, spinach, zucchini

Blue & Purple: Contains *anthocyanins* to improve memory, healthy aging, and urinary tract health. They also reduce the risk of chronic disease and inflammation

F&V in season: blueberries, purple cabbage, purple cauliflower, purple carrots, purple potatoes

White: Contains *anthocyanhins* to prevent cancer by killing cancer cells, decreasing inflammation, and preventing tumor invasion

F&V in season: cauliflower, garlic, onions, potatoes, white corn, white peaches

Register [Here](#) for the July 20th Virtual Cooking Class, featuring seasonal produce! (details below)

Nutrition Updates

Virtual Cooking Class

with Sarah Morales, RD, and
Braeden Lewis, RD Intern

Wednesday July 20, 2022

12:00-1:00pm



Featured seasonal recipes include

Mediterranean Greens & Grains Salad

Roasted Beet Salad with Goat Cheese

Gut-Healing Green Smoothie (dairy & nondairy version)

Asian Edamame Salad with Radishes & Fresh Herbs

Virtual Class

Join virtually, from your kitchen - and cook along with us!

Recipes and full ingredient list will be provided ahead of time.

[Register Here!](#)

Fitness Updates



Summer Fitness Challenge: June-August : There's still time to join in the fun!

- Natural Areas Challenge: A map was sent out with the 6 natural areas in Fort Collins, mark them off throughout the summer as you visit each spot.

- Turn your completed map in at the end of August to **earn points in Wellworks and for a chance to win a prize!**
- Register [here](#) and Mira will send you your map and more information
- **Join Laura, Sarah and Mira on Wednesday, July 13 for a group walk of Riverbend Ponds Natural Area! Meeting in the parking lot at 8am.**

Classes

- **Extra classes this month:**
 - Fitness Evening Express workout (virtual in Teams) Thursday July 7th 5-5:30pm Register [here](#)
 - Yoga Lunchtime Express class (virtual in Teams) Tuesday July 12th 12-12:30pm Register [here](#)
- **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

How is your fitness journey going so far this year?

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

Email Sarah for a Nutrition Check-in.



"I have chosen to be happy because it is good for my health."
-Voltaire



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

