

Healthy Living Newsletter

Healthy Habits That Stick

- **Go to your annual appointments:** go to your doctor and have a physical and get your labs drawn. Discuss your health habits, any medications, and mental health. Go to your dental check-ups.



- **Movement:** you don't need to make any huge exercise goals that are unrealistic. Start by adding 10-15 minutes of movement to your day. Cleaning, walking, dancing, or gardening.



- **Healthier Diet:** don't think about what to stop eating or take out of your diet. Think about what you can add into your diet. Add more fiber, whole foods, and lean protein.



- **Have a buddy:** *accountability partners* are important when needing motivation to make changes. Ask a friend to join you on your health journey. You can share meals, go on walks, or help motivate one another on hard days
- **Stress Management:** Have a way to manage stress—exercise, meditation, talking to a friend. Lowering stress is key to a healthier life.



- **Socializing:** feeling a sense of *community* and having *connection* with others is crucial to our health. Join a new exercise class at a rec center, volunteer, start a new hobby, or join a book club.

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ENJOY THIS ISSUE
Feel free to share this newsletter with anyone who may find it useful.

**QUESTIONS,
COMMENTS, IDEAS**
Email:

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Call: 720-264-3354

Being S.M.A.R.T About Setting Goals

As the year begins, it's common for people to set ambitious goals—but just as common for those goals to be forgotten soon after. If you have a goal in mind, whether for the new year or any time ahead, it's essential to approach it with a strategy that helps it stick. One effective method is to make your goal SMART. Use the following tips to ensure your goals meet these important criteria and set yourself up for success.



SPECIFIC

- What do I want to accomplish
- Why is it important to me?
- Who is involved?
- Where is it located?
- Which resources are needed?

MEASURABLE

- How much? •How many?
- How often?
- How will I know I have reached my goal?

ATTAINABLE

- Can I accomplish this goal?
- Do I have the time to do this?
- Do I have the resources to do this?

RELEVANT

- Does this support my long-term goals?
- Does this support my needs?

TIME-BOUND

- When will I do this?
- What can I do today?
- What can I do 3 months from now?

Want to start moving more but not sure where to begin?

Would you like these benefits for **FREE**?

1. Free hand weights
2. Free exercise instruction
3. Free nutrition counseling from a Registered Dietitian
4. Free weekly motivational calls

Healthy Moves Exercise Program

In the comfort, privacy, and safety of your own home, this evidence-based exercise program is designed specifically for people 60 years or more, with one or more chronic health conditions.

Only available to clients living in: Denver, Arapahoe, Jefferson, Adams and Douglas counties.

Contact **Amanda Webb** for more information.
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Heartfelt Health: February is American Heart Month!

February is a time to celebrate love—and that includes loving your heart! With Valentine’s Day and American Heart Month coming together, there’s no better time to focus on heart health. Here's how you can show your heart some extra love this season:

1. Fruits and Vegetables



Aim for a variety of colors on your plate to get a range of vitamins and antioxidants.

Heart hero: Berries! Blueberries, strawberries, and raspberries are packed with antioxidants that can reduce inflammation.

2. Whole Grains



Switch to whole-grain bread, pasta, and brown rice for a dose of fiber, which helps reduce cholesterol.

Try: Oats, barley, and quinoa.

3. Healthy Proteins



Choose lean proteins like fish, chicken, beans, and tofu. Fatty fish like salmon and tuna are especially good for the heart thanks to their omega-3 fatty acids. Add variety with plant-based options like lentils and chickpeas.

4. Nuts and Seeds



Snack on almonds, walnuts, or flaxseeds for a mix of healthy fats, protein, and fiber.

Keep portions in check—about a small handful per day is plenty.

5. Heart-Healthy Fats



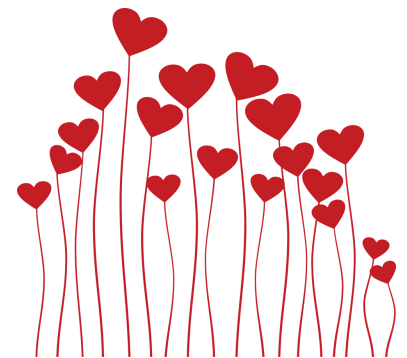
Replace margarine with olive oil or avocado oil for a healthier fat source. Avocados are rich in monounsaturated fats, which can lower bad cholesterol (LDL) while raising good cholesterol (HDL).



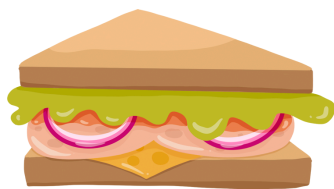
Congregate Corner

Food Safety tip:

Make sure you wash your hands before you cook or eat! They pick up germs and bacteria all day long. The most important part of washing your hands is scrubbing them with soap. Make sure you scrub the fronts, backs, and between your fingers for at least 20 seconds.



Scan this QR code with your smart phone to comment on the food you’ve been eating at our congregare sites.



Did you know?

Volunteers of America Colorado serves about 40,000 meals each month to our seniors. Enjoy your meal!

Guess What!

We are updating our menu with new recipes! You can expect to see one or two new dishes every three months starting with Butter Chicken in January.

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The Volunteers of America is a national, non-profit, faith-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. Our administrative offices are located at 2660 Larimer Street, Denver CO, 80205. To speak to someone about our programs or volunteering opportunities you may email us at info@voacolorado.org or call 303-297-0408. To keep up with our news and -activities, follow us on Facebook, Twitter, and Instagram.

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging



H	C	L	W	H	O	L	E	G	R	A	I	N	O
H	A	O	C	H	O	L	E	S	T	E	R	O	L
S	R	W	F	A	T	T	Y	A	C	I	D	S	E
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Word Search:

- Leafy Greens
- Fiber
- Berries
- Fish
- Heart
- Cardio
- Sleep
- Low Sodium
- Whole Grain
- Arteries
- Cholesterol
- Vessels
- Fatty Acids
- Stress
- Nitrates



Food Safety Tip

Sanitize all surfaces before preparing or cooking foods. Don't forget to sanitize the sink as well. Use hot soapy, water to scrub surfaces and then a solution of 1bsp bleach in a gallon of water