

Healthy Living Newsletter



Volunteers of America Colorado
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voacolorado.org

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Stay Hydrated with Summertime Smoothies

Cool off this summer with homemade smoothies that keep you hydrated and nourished! While water is always a great choice, smoothies can be a fun and flavorful way to boost both your fluid and nutrient intake. Made with hydrating ingredients like fruit, milk, or yogurt, smoothies not only help cool you down, but also provide important vitamins, minerals, and fiber to support overall health.

To build a nourishing smoothie, start with a base like a frozen banana, frozen cauliflower, or even oats to make it creamy. Add fruit for flavor; fresh, frozen, or canned all work! For protein, include some protein powder, yogurt, or a spoonful of peanut butter. You can boost the nutrition even more with a tablespoon of flax or chia seeds for fiber and healthy fats like omega-3s. Mix everything with water, milk, or juice, blend until smooth, and enjoy a quick and healthy snack.

Easy Banana-Peach Smoothie

- 1 ripe banana
- 1/2 cup canned peaches (in juice or drained)
- 1/2 cup milk or your choice
- 1/4 cup plain or vanilla Greek yogurt
- 3–4 ice cubes
- A pinch of cinnamon



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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

The Rate of Perceived Exertion (RPE) and Why to Use It During Summer

When exercising in hot or humid conditions, it's especially important to listen to your body. One helpful tool for staying safe is the **Rate of Perceived Exertion (RPE)** chart—a simple way to monitor how hard you're working based on how you feel.

What Is the RPE Chart?

The RPE chart is a scale from 1 to 10 that helps you measure your exercise intensity without needing fancy equipment. Here's how it works:

RPE	How It Feels	Example
1-2	Very light activity	Easy strolling, slow breathing
3-4	Light effort	Comfortable walk, could talk easily
5-6	Moderate effort	Brisk walk, deeper breathing, light sweat
7-8	Hard effort	Can still talk but it's harder
9-10	Very hard to maximum effort	Out of breath, unable to talk



Why Use It in Hot Weather?

In the heat, your body works harder than usual to cool itself—meaning what feels like a “5” on a cool day might feel like a “7” or “8” in the sun. That’s why listening to your body becomes more important than sticking to a set pace or routine.

Tips for Using RPE in the Heat

- ✔ Aim for a 4–6 range: This is usually safe and effective.
- 🕒 Adjust based on time of day: If it’s hot out, reduce your intensity even if you normally do more.
- 💧 Hydrate often: Dehydration can make your exertion feel higher.
- 💡 Listen to warning signs: If your RPE feels like an 8 or 9, slow down, rest, and cool off.
- 🔄 Modify your routine: Take more breaks, do shorter sessions, or move workouts indoors when necessary.

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

Would you like these benefits for FREE?

- 1.Free exercise instruction
- 2.Free nutrition counseling from a Registered Dietitian
- 3.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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720-882-0138



15 Day Summer Wellness Challenge

Prep a healthy breakfast	Make a vegetarian meal	Go on a 10 minute walk outside	Try a new vegetable	Try a new vegetable
Prep a healthy snack	Eat lunch with a friend	Consume 28g of Fiber	Practice mindful eating	Meal plan for next week
Try a new workout	Drink 8 glasses of water	30 minutes of self-care	Try a new fruit	Eat 100g of protein
Prep a meal for the week	Take a class with a friend	Eat a new whole grain	Eat a new whole grain	Avoid processed foods
Eat a leafy green with each meal	Add legumes to one of your meals	No sugary beverages	Add nuts and seeds to a meal	Call someone to tell them you completed

Congregate Corner

Food safety tip:

Remember to always rinse your produce!

Wash fruits and vegetables under water that is slightly warmer than the produce. Pay special attention to green leafy vegetables!

Remove the outer leaves, pull it apart and rinse thoroughly.

We always wash the fruits and vegetables in our kitchen before we send them to you at the dining sites.

Try the Fish!

Did you know fish is high in Omega-3 fatty acids which are good for your brain and can reduce mental decline? Fish is high in protein, low in calories and can lower your blood pressure reducing the risk of heart attacks and strokes. So, give the fish a try! Who knows, you might find it tasty as well.



Did you know?

We serve dinner as well as lunch! Join us for dinner at our building in Commerce City at 52nd and Dahlia from 4:30 to 5:30 every Thursday.

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



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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



M	Z	T	P	J	T	H	F	D	N	U	L	G	C	X
C	P	O	L	Y	I	J	I	C	I	O	R	H	H	I
X	C	M	A	K	L	M	R	K	O	I	X	E	E	V
D	K	W	I	L	I	S	E	P	L	Z	A	D	R	T
R	H	N	L	N	L	Y	W	L	H	T	J	A	R	S
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G	S	Z	X	S	U	N	S	H	I	N	E	E	N	E
L	R	J	E	P	Z	Y	P	F	C	R	M	C	H	F
S	O	C	L	U	O	V	V	J	U	B	J	M	B	D
H	O	T	L	V	U	O	N	F	C	J	B	L	G	J

Word Search:

Cherries
Fireworks
Ice cream
Pool
Umbrella
Corn
Grill
Market
Sunshine
Watermelon
Festival
Hiking
Parade
Swim

**Food Safety Tip**

Store perishable foods like meats, dairy, and cooked foods in a cooler packed with ice or ice packs to maintain a temperature of 40°F (4°C) or below.