

Healthy Living Newsletter



Volunteers of America Colorado
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Health is Wealth this New Year

This New Year, take it easy on yourself. There is so much information on the internet and social media. Make sure you are getting your information from a reliable source, like a medical professional, that uses scientific evidence to base their claims.

When thinking about making new goals for the next year, think about what you can add into your diet and lifestyle instead of trying to limit or cut anything out. Here are some great examples of simple sustainable goals to make in the New Year.

- Add in a new vegetable into your diet
- Add more **fiber** into your diet (nuts, seeds, whole grains, lentils, beans) *21g per day of fiber for women and 30g for men*
- Add in a new exercise activity or class (yoga, Silver Sneakers, Zumba, Pilates, water aerobics) or (gardening, walking, hiking, art class, dance class)
- Add in morning or evening meditation
- **Add in more color** into your diet. Different colored fruits and vegetables provide different nutrition benefits.
- Make a hydration goal. Aim to get in 8 glasses of water per day. You can count hot water as hydration.
- **Eat more whole foods!** Focus on fresh fruits and vegetables, legumes, lean proteins, and healthy fats. Eat less highly processed boxed foods.

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RDN

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ENJOY THIS ISSUE

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

QUESTIONS, COMMENTS, IDEAS

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Starting to Exercise as a New Year's Resolution?

Why Rest Is Just as Important as Movement.

Many adults decide to get active for better health, especially at the start of a new year. But one common mistake can derail those good intentions: doing too much, too soon.

When you've been sedentary, jumping into daily workouts without breaks can lead to soreness, fatigue, and even injury. That's why rest days are essential—not a sign of weakness. Your muscles, joints, and heart need time to adapt safely.

Think of rest as part of the workout. It's when your body repairs and gets stronger. Start slow, mix in gentle activities like walking or stretching, and give yourself recovery time.

Consistency—not intensity—is the key to long-term success. So pace yourself, listen to your body, and remember: rest helps you keep moving for years to come.

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

TIPS FOR STARTING



BEGIN WITH LOW-IMPACT ACTIVITIES

Walking, swimming, or chair exercises are great starting points.



START SMALL

Aim for 10-15 minutes a few times a week and gradually increase



WARM UP AND COOL DOWN

Gentle stretching before and after helps prevent injury.

SAFELY



SCHEDULE REST DAYS

Give your body time to recover between workouts.



LISTEN TO YOUR BODY

Stop if you feel pain, dizziness, or unusual fatigue

CHECK WITH YOUR DOCTOR

Especially if you have chronic conditions or haven't exercised in years

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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Boost Your Immunity



This winter we are going to kick the cold with immune boosting habits! Eating nutrient-rich foods can help us fight off illness and even recover faster.

Vitamin C: Its immune boosting functions can shorten the duration of a cold and decreases the severity of symptoms! You can find vitamin C in citrus fruits, bell peppers, strawberries, potatoes, and broccoli.

Vitamin D: Supports your body's first line of defense (innate immunity) and its more targeted defense (adaptive immunity). When you don't get enough vitamin D, you may have a higher risk of infections. We get vitamin D from sun exposure or consumption of fatty fish, dairy products or fortified juice.

Zinc: Its anti-inflammatory and antioxidant benefits protects your body from damage and keeps inflammation under control. Good sources of zinc include beans, nuts, seeds, and meat.

Easy Ways to Add These Nutrients

- Start your day with oatmeal or yogurt topped with berries and nuts
- Snack on bell pepper strips with hummus
- Make a hearty bean and vegetable soup for lunch or dinner

Congregate Corner

Want some milk?

We serve milk with every meal we serve in the congregate program as well as meals on wheels, but did you know about the benefits? Not only is milk healthy for your bones, but it is good for your brain and heart and lowers your risk of diabetes. We know not everyone can enjoy our milk, but for those who can, drink up!



Check it out!

The Congregate Senior Nutrition Program serves about 2500 meals each week! Enjoy your meal!

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



Food safety tip:

Did you know that the sponge you use to wash your dishes could be full of bacteria? If you use a sponge, you should wash it every 1-2 days. One way to wash a sponge is to submerge it in a bowl vinegar for five minutes, wring it out and rinse it with warm water before wringing it out again and letting it dry. If you can, you should replace your sponge every one to two weeks.

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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*



Sudoku Puzzle

	1		4	2	7	5		8
6					5	3		
2		4	6		3	1		7
		8		6	4	2		
	6							
4		9	1		2		8	
3							2	6
7		6	3	4	9			1
	9		2		6			3

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The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

Food Safety Tip

Sanitize cutting boards by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.