

# Healthy Living Newsletter



Volunteers of America Colorado  
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## March is National Nutrition Month!



Each March we celebrate National Nutrition Month as a reminder that healthy eating does not have to be complicated. Focusing on balance, variety, and flexibility can make a big difference in your overall well-being!

### 1. Choose healthful foods from all food groups

Your body needs many different nutrients, try building meals with a mix of:

- Fruits and vegetables for vitamins and minerals
- Whole grains including oatmeal and whole wheat bread
- Lean proteins like poultry, fish, tofu, and eggs
- Healthy fats such as nuts, seeds, avocado and olive oil
- Dairy or fortified alternatives for calcium and vitamin D

### 2. Alternate your food choices for a variety of nutrients

Eating the same foods every day can leave nutritional gaps. Rotate different colors of fruits and vegetables, switch up your protein choices, and try new grains like quinoa. More variety in your diet = more nutrients for your body!

### 3. Avoid fad diets that promote unnecessary restrictions

Trendy diets often cut out entire food groups or promote strict rules that are hard to maintain. These restrictive approaches can lead to low energy and nutrient deficiencies. Instead, focus on balanced eating patterns that fit into your lifestyle and support long term health. Healthy eating should be enjoyable and sustainable!

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CPT

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### ENJOY THIS ISSUE

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

### QUESTIONS, COMMENTS, IDEAS

Email:

[arockwood@voacolorado.org](mailto:arockwood@voacolorado.org)

Call: 720-264-3354



# Exercise Snacks: Tiny Tasty Moves for Your Body

Balanced eating doesn't require a complicated diet, and staying active doesn't require a complicated workout. Just like adding colorful foods to your meals, sprinkling movement into your day can make a big difference. **Enter: the Exercise Snack.** Tiny bursts of movement you can do anytime that wake up your muscles, brighten your mood, and loosen stiff joints. No equipment, and no pressure. Just a little "movement nibble" to keep your body happy. They're perfect if long workouts feel hard to start or stick with. A handful of mini-moves can easily turn into 5–10 minutes of activity by the end of the day without you even noticing. Think of them as the mixed nuts of exercise—easy to grab, easy to enjoy, and surprisingly satisfying.

## "Exercise Snack Menu"

**Pick a couple each day—mix and match like choosing healthy foods!**

Toe Taps (10–20 taps)	Tap your toes on the floor; alternate sides or do together.	Great for ankle mobility and waking up tired legs.
Finger Taps (20–30 sec)	Tap your thumb to each fingertip—like tiny high-fives for your hands.	Great for dexterity and brain activation.
Wall or Counter Push-Ups (5–10X)	Hands on a wall or counter, lower toward it, and gently push up.	A snack-sized strength move for arms and chest.
Arm Curls (8–12 reps)	Curl arms up and down slowly.	Use cans, water bottles, books...(pets and grandkids for an added challenge)!
Sit-to-Stands (5 reps)	Stand up from a chair and sit back down with control.	Perfect for leg strength and confidence.
March in Place (30 sec-1 min)	Gentle marching. Can do sitting or standing.	Get your heart and joints moving.

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.

**[awebb@voacolorado.org](mailto:awebb@voacolorado.org)**

**720-882-0138**

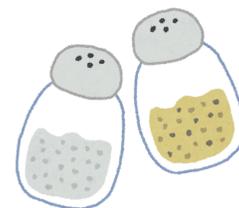


# Sneaky Sources of Sodium and Sugar

Hidden sources of sodium and sugar lurk in everyday foods that you may not be aware of. It can be hidden in small servings sizes, complex ingredients, or requires knowledge of other names for sugars.

## Hidden Sodium Sources:

- Processed Meats: deli meats, bacon, hot dogs
- Breads and Baked Goods: added sodium in some breads
- Soups & Canned Goods: canned vegetables, instant soups. Rinse canned vegetables to remove 50% sodium.
- Condiments and Dressings: ketchup, BBQ, soy sauce, and salad dressings. Make your own salad dressings at home with olive oil, lemon, mustard and a little apple cider vinegar.



## Hidden Sugar Sources:

- Condiments and Sauces: ketchup, BBQ, pasta sauce
- Breakfast Foods: cereals, flavored instant oatmeal, yogurts
- Drinks: soda, juice, flavored coffee and teas, flavored milk
- Hidden names on labels: syrups (corn, rice, fructose), dextrose, maltose, fruit juice concentrate.



## Congregate Corner

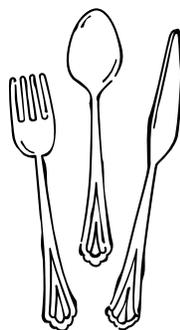
### Food Safety Tip:

If you are not careful, you can get cross contamination in your refrigerator! If the juice from raw meat drips onto any other food, you could get food poisoning. Always store your raw meat on the bottom shelf of your freezer or refrigerator to stay safe.



### Guess What?

We serve about 10,000 meals each month to our hungry diners. Enjoy your food!

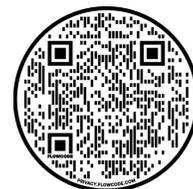


### Volunteer!

Did you know that volunteering is good for your physical and mental health? We have about 125 volunteers helping our program every month. If you are looking for a way to feel better, consider joining them today!



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



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](mailto:info@voacolorado.org) or call 303-297-0408. To keep up with our news and activities, follow us on Facebook, Twitter, and *Instagram*.

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## Handyman Program



THE SAFETY OF SENIORS

# Handyman

PROGRAM

**A free of charge handyman program for minor repairs to keep you safe in your home.  
Who Qualifies? Homeowners, clients who are 60+.**



**COUNTIES: Adams, Arapahoe,  
Denver, Douglas, Jefferson,  
Clear Creek, and Gilpin**

**Safety of Seniors  
Handyman Program:  
720-264-3366**

### Food Safety Tip

The refrigerator should be deep cleaned twice a year. Empty the contents and store in a cooler with a cold source of ice packs while you clean the walls and shelves, nooks and crannies of the refrigerator. Use warm, soapy water or a cleaning solution as recommended.