



WINTER HAPPENINGS
at the UPMC Western Maryland Wellness Center

Call **240-964-8424** or email leesm9@upmc.edu to register.

FREE YOGA CLASSES

Wednesdays at 11am
South Cumberland Library

Fridays at 10:30 am
LaVale Library

Join this beginner-friendly class to experience how gentle stretching and mindful breathing can make you feel better fast!

SMART RECOVERY

Thursdays from 12pm-1pm online

This is a self-empowering addiction recovery support group. SMART Recovery can help people recover from all types of addiction and addictive behaviors, including alcoholism, drug abuse, drug addiction, substance and alcohol abuse, gambling addiction, and food addiction. This is not a spiritual-based program but a self-empowering, abstinence-based, self-help support group for both men and women.

BUILDING BETTER CAREGIVERS

7-week course for Caregivers of a loved one with dementia, PTSD, brain-related injury, and more. Registration is ongoing. Respite care funds are available to qualified participants. Please contact us for more details.

CHAIR YOGA is offered by UPMC Western Maryland every Monday at the Gilchrist Museum of the Arts at 104 Washington Street, Cumberland, at 2:30 PM. Please register to attend in person or online via ZOOM by contacting Christina Collins-Smith Nicolas at collinssmithcd@upmc.edu. Group yoga sessions for special events or regular groups are available to be scheduled as part of UPMC Western Maryland's mission to support wellness in our community.

HEALTH COACHING

Have you tried to make changes to your lifestyle only to find yourself falling back into the same routine and/or not-so-healthy habits? A certified health coach can help! Health coaching services are free.

Activities and events are always being added - for an up-to-date listing, contact the Wellness Center at 240-964-8424 or visit Get Healthy Allegany on Facebook!

SAVE THE DATE!

The Women's Health and Wellness Expo is returning in 2023! Mark your calendars for Wednesday, April 19th, from 3pm-6pm at the Cumberland YMCA!



GOODBYE FALL & HELLO WINTER!

Jen Thomas

This year was one of the most beautiful fall seasons I can remember, and I hope you enjoyed the vivid colors of the falling leaves and extended warm days before the clocks turned back. For me, heading into the holidays and colder weather, I like to think back to when I was growing up and reflect on what the holiday season is truly all about. It is easy to get caught up in the planning, holiday gatherings, shopping, cooking, gift wrapping and more. Instead of feeling overwhelmed and stressed to the max (which I am COMPLETELY guilty of!), try being still, taking some solid deep breaths, and reflecting on your abundance. That meaning will be different for each of us, so I want you to dig deep. Perhaps it is your partner, your children, your pet(s), your home, your parents, your extended family, your favorite holiday memories - or maybe it is all these things and more. Abundance should not just

be about material things but an appreciation of life in its fullness, joy and strength of mind, body and soul. Make 2023 your year of overflowing abundance and appreciation for life - all that you have and all that you can give to others!

I hope you enjoy the Winter edition of REAL WELL - you may notice a fresh new look, and we hope you like it! As you flip through the pages, you will find health and wellness news you can use to improve your happiness and overall well-being.

And hey! I would love to hear from you, so please let me know what you enjoy or have tried in this publication by emailing thomasj39@upmc.edu.

In happiness and health,

Jen



5 TIPS to a HEALTHY HOLIDAY

Allison Lutz, MS, RDN, LDN

The holidays are just around the corner, and with them come all kinds of indulgent treats. Here are five tips for making consistently healthy choices during this decadent time of year.

- 1. Lose the all-or-nothing thinking.** Eating a larger meal at a party does not mean you are "off the wagon," but sometimes we tend to think of it that way. If you feel overfull when you get home, it is not a license to overeat the next day or week. The same thing goes for dessert; if you have a favorite sweet treat (peanut butter fudge, anyone?), allowing yourself to enjoy a small amount is sometimes more beneficial than trying to avoid it altogether, which can lead to overindulgence. Each new meal brings another opportunity for balanced choices to help you feel your best through this hectic season!
- 2. Choose a balanced meal, regardless of where you are.** A balanced meal includes a protein (for example, turkey), a starch (stuffing or mashed potatoes) and fruits and vegetables (green beans, Brussels sprouts, or garden salad). Rather than taking some of everything, fill half your plate with veggies, a quarter with starch, and a quarter with protein. Even though the choices may feel heavier than what you would eat daily, you will still get a balanced meal.
- 3. Listen to your hunger cues.** Just because you piled your plate high does not mean you have to eat everything in front of you. Listening to hunger and fullness is important, even on major holidays. (With that said, we have all eaten past the point of fullness, maybe while chatting away or trying to please Grandma as she brings yet another course. All of that is a part of normal eating, and it is all ok; just refer to tip #1 and don't label yourself a lost cause).
- 4. Go for leftovers.** Say you love mashed potatoes, sweet potatoes, stuffing, corn and homemade noodles. You don't have to eat all those starches in one setting. Instead, take home some of your favorites that you might not have enjoyed this time to add to tomorrow's balanced meal.
- 5. Don't sweat the small stuff.** If you have a little room left and would like a piece of pie, or if you did happen to eat a little more than you had planned, give yourself some grace and move on. Dwelling on how much you ate or how you felt after is often counterproductive. Continue making balanced choices to feel well and enjoy your holiday season! What adds up is what you do MOST of the time, and even during the holidays, most meals are still eaten at home. Food, even the richest holiday food, is not your enemy. Choose to exercise balance and moderation and you will have a happy, healthy holiday season!



SPIRITUAL WELLNESS

Mark your calendar for a Christmas Service along with a choir in the UPMC Chapel on **Wednesday, Dec. 21, at Noon.**



Wellness Ambassador SPOTLIGHT!

This quarter a big shout-out to Allegany College of Maryland! They have many active ambassadors and a lot of new recruitment, with Deb Hardinger leading the charge! They conducted 127 community outreaches in October and 59.25 hours of volunteer time in October alone. Many thanks to Luanne, Heather, Tara, Renee, April, and Debby for connecting people to food and housing resources, referring to counseling, and making support phone calls, emails, and texts! WAY TO GO!

Wellness Ambassadors play an important part in creating a culture of health and wellness throughout our region and addressing social determinants of health by linking individuals with resources, education, and social support. To learn more about becoming a Wellness Ambassador, please call Brittany Friend, Health Promotion Specialist, at 240-964-8421 or email milbournfriendb@upmc.edu.

BOO YEAR'S RESOLUTIONS

2023

Michael Browning, MA, NBC-HWC



For our holiday edition, I wanted to focus on the biggest day/month in the fitness year, New Year's Day. Traditionally this is the day to set things right, begin anew and focus on a plan to make the perfect you. If it sounds a bit grandiose, it's because it typically is and unfortunately, most people fall short of these goals quickly. If you are a regular at the gym, you know exactly what I am talking about. The influx of new members makes it difficult to navigate the fitness center, but rest assured you know that in a month, it will go back to business as usual. The reality is that grandiose plans usually lead to grand failures and sometimes tragically so. Creating goals or plans that are unrealistic almost always leads to burnout and feelings of being overwhelmed. Still, they may also lead to more serious issues such as injury, depression, and anxiety. Let's face it, being healthy is for the long haul, so exercise and eating right need to be a consistent, sustainable staple in your life. If we can look at our changes occurring over a prolonged period and shift our focus to reasons that truly affect the quality of our lives, there is hope, but it will not happen in one New Year.

It all starts with a realistic vision of our wellness. As a wellness coach, this personal vision is how we begin the goal-creation process and set long and short-term goals. Notice the word wellness, it's very general, and there are many aspects to it. Most people associate this with the physical, i.e., exercise and nutrition. This is because culturally, we view wellness as weight loss or

management. It may be true that to be healthy and well that you do need to lose weight, but typically this is far from the full picture. Wellness is so much more, and there are many theoretical models for wellness. One model from the National Wellness Institute breaks wellness into six distinct categories: physical, social, intellectual, spiritual, emotional and occupational. I mention this because we as a culture need to shift our thinking away from weight management to the full picture of wellness, which in my humble view, leads to something we are all seeking, happiness and fulfillment in our short lives. Suppose we can shift our thinking away from getting into a bikini by spring. In that case, we may just be able to make more meaningful changes by identifying the root causes of the issues in our lives that lead to things like overeating or no motivation for exercise.

Let's identify the specific example of getting into a bikini by spring more closely, a goal I try to get people to avoid. Reaching this goal will require quick weight loss, and a strict exercise and eating regimen ensues. The first problem we experience here is the strict timeline which forces us to overexert ourselves, leading to exhausting and quite simply something that is not sustainable. The other possible bigger problem is goal relevance as related to root causes. What if the reason for overeating is emotionally based? What if the lack of motivation for exercise is related to work/life balance, time or social support at home? What if rigorous training is painful due to deteriorated joints? Without addressing root causes, the typical "exercise till I drop" and

eat kale chips morning, noon and night goal is doomed to fail. Why? For example, let's say the root cause for lack of exercise motivation is due to lack of time. A better goal here would be to identify how much time you must devote to exercise. Maybe it's just ten minutes a day, 2- 3 days a week. True, that will not get you in your favorite bikini that year, but it may be the start of something consistent that can grow. Maybe your lack of time needs a more creative solution, such as social support. Do you have someone to watch the kids? If not, how can you exercise with them? Maybe you don't know how to exercise. Your first step is to research or seek out a professional before joining a gym you don't know how to use. The point is, identifying your root issues and finding creative solutions may solve your health problems permanently and lead to a fruitful bikini season year after year. Joking aside, and more importantly, it just may make you happier.

Finding your root cause is complicated and sometimes requires an outside perspective. If you are having difficulty finding your root cause, a wellness coach may be helpful. We specialize in helping you discover your "why" and our services are free to the entire community. Please reach out to Community Wellness at 240-964-8424 and never fail at another New Year's goal again!



Pam Jan, NBC-HWC



SOUNDING THE ALARM for Sleep

PART 2

Welcome back! Part 1 of Sounding the Alarm gave you some sleep basics – the amount of sleep we need and the role our circadian rhythms play in getting enough of it. Part 2 covers the value of good sleep and the consequences of sleep deprivation.

The definition of sleep is a natural periodic state of rest for the mind and body, in which the eyes usually close and consciousness is completely or partially lost so that there is a decrease in bodily movement and responsiveness to external stimuli.

Where is sleep on your list of values? Overall, sleep is disrespected in our culture. Have you heard, or maybe said, “sleep is overrated?” Do you find yourself burning the midnight oil to get a project completed or caught up with other things into the wee hours of the morning?

The value of good quality sleep cannot be overstated. Getting enough quality sleep can protect your mental and physical health, quality of life and safety. Research from the National Heart, Lung, and Blood Institute (NHLBI) found good quality sleep:

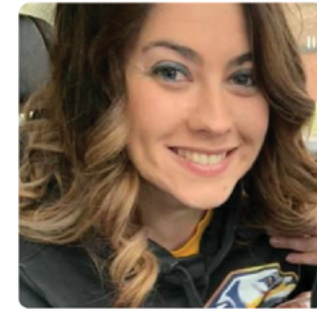
- Heals and repairs your heart and blood vessels.
- Helps support a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up, and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.
- Affects how your body reacts to insulin. Insulin is the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher-than-normal blood sugar level, which may raise your risk of diabetes.
- Supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.
- Affects your body's ability to fight germs and sickness. Ongoing sleep deficiency can change how your body's natural defense against germs and sickness responds. For example, if you're sleep deficient, you may have trouble fighting common infections.
- Decreases your risk of health problems, including heart disease, high blood pressure, obesity, and stroke.
- Improves mental health. Good sleep improves learning and problem-solving skills. It also helps you pay attention, make decisions and improves creativity.

The consequences of sleep deprivation are real and should not be ignored. The research is in and here are just a few reasons why:

- After several nights of losing sleep – even a loss of just one to two hours per night – your ability to function suffers as if you haven't slept for a day or two.
- After just 24 hours of sleep deprivation, there is an overall reduction of 6 percent in glucose reaching the brain. Since glucose is the brain's primary fuel, lack of sleep reduces intelligence.
- The Lancet published a study that looked at a group of physicians and proved that sleep-deprived individuals took 14 percent longer to complete tasks and made 20 percent more errors than those who were well-rested.
- Poor sleep quality was equal to binge drinking and marijuana use in determining academic performance. The study showed college students who were poor sleepers were much more likely to earn worse grades and even drop out of classes than their healthy-sleeping peers.
- Untreated sleep disorders raise the risk for heart problems and problems during pregnancy, including high blood pressure, diabetes and depression.
- Sleep deficiency changes activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency is also linked to depression, suicide, and risk-taking behavior.
- Lack of sleep also may lead to microsleep. Microsleep refers to brief moments of sleep that happen when you're normally awake. You can't control microsleep and might not be aware of it. For example, have you ever driven somewhere and not remembered part of the trip? If so, you may have experienced microsleep. Even if you're not driving, microsleep can affect how you function. If you're listening to a lecture, for example, you might miss some of the information or feel like you don't understand the point. You may have slept through part of the lecture and not realized it.
- Some people aren't aware of the risks of sleep deficiency. In fact, they may not even realize that they're sleep deficient. Even with limited or poor-quality sleep, they may still think they can function well. For example, sleepy drivers may feel able to drive. Yet studies show that sleep deficiency harms your driving ability more than being drunk. It's estimated that driver sleepiness is a factor in about 100,000 car accidents yearly, resulting in about 1,500 deaths. Drivers aren't the only ones affected by sleep deficiency. It can affect people in all lines of work, including healthcare workers, pilots, students, lawyers, mechanics, and assembly line workers.

While there are many shortcuts to success, sleep is not one of them. Learning to structure your time to get more sleep first will enable you to get your work done faster and more effectively. You'll be able to be more creative and energetic, and you'll have greater access to the parts of your brain responsible for problem-solving. Sleep deprivation's impact on your brain makes your life much harder. Tune in next spring to find out if you are getting enough and learn how to increase your sleep quality if you aren't. Until then...I wish you sweet dreams.

Stop Eating Cookies and Do Some HOLIDAY ACTIVITIES!



Brittany Friend, MS

By “activities,” I don't mean mixing that special cocktail after shopping for eight hours for that one special toy. I mean – give the kids something else to do other than veg out and eat the 1,000 cookies they made you bake.

Yes, holidays are a time for being together and sneaking in some extra goodies, but we don't have to have those times derail our whole family from the health we've strived to provide them all year. They are now on winter break, and you have flashbacks to summertime! What can you do to get the energy out of them – quick?!

Create a fun game that encourages movement, stays in the holiday theme and gives you a break from hearing, “how many days until Christmas” for the hundredth time. Here's how to do it!

Create a Stocking Scavenger Hunt:

You can make as many or as few as you like. Print and hide small stocking pictures throughout your house. Or maybe you have old stockings you'd like to use. Once they find one, they must complete the activity to get an ornament to hang on the tree (or another holiday themed item). If you don't have a tree or are celebrating another awesome holiday – now is a great time to figure out what to do with the hundreds of decorations that have been passed down to you sitting in a box. Make the reward your own!

Each stocking will contain an activity to complete to get their reward. Examples are:

- Ten Christmas Tree Star Jumping Jacks – It makes you feel better, too, if they have to say, “I'm a pretty yellow star!” with each jump.
- Ten-second Elf Mountain Climbers – Elves must climb mountains at the North Pole, right?!
- Ten Reindeer Sprints – Reindeers are fast – get moving!
- Ten Turkey Planks – That turkey was still on Thanksgiving Day – so hold that plank like that turkey!
- Ten Candy Cane Stretches – Can they stretch from side to side like a candy cane?!
- Ten Leave Falls – they might complain and say they resemble burpees, but they are not. They are a falling leaf that must make its trip to the ground, and then obviously, they must get back up because another leaf is falling.

Be creative! Hey – for those of you who must deal with your messy, mischievous elf-on-a-shelf – maybe you can ask him to bring the kids an activity each day?! I'm sure he'd love watching them so he can report how they choose to be active! Whatever Holiday you celebrate, make it your own and theme the activities around this time of year! And if you're feeling adventurous, do the exercises with them – because I know you had some of those cookies while you were forced to shape them to look like intricate snowmen!

Happy Holidays!



The GIFT of Self-care

Christina Collins-Smith, MLA, LMT, RYT-500

I like to think of this season as the season of gratitude – that renewing, reenergizing time when we look forward to Thanksgiving and all the beautiful gift-giving holidays that flow and merge with the beginning of a new year. During this time, we think about how grateful we are for the blessings in our lives. And, as we plan for gatherings with family, friends, and co-workers, we begin to focus on where we will be, what we will eat, and what gifts we will bring for those we care about to celebrate the season.

Planning all of this can sometimes seem overwhelming, but if one of the gifts on the top of your list is the gift of self-care, you may find the season is calmer, more peaceful, and happier for you and yours. This gift of self-care is important because when we care enough for our well-being by renewing and replenishing our physical, mental, and emotional health, we give a gift to everyone we love and care for. We can be present, loving, and nurturing when we are well, at peace, and happy. If

we are not well - if we are in pain., distress, or conflict, then we cannot do that fully. And so, it makes sense that to love and nurture our own being is also to love and nurture others. The gift of self-care is truly a loving gift to all those you care about. It also sets a beautiful example for others to follow. So, this season, I encourage you to be kind to yourself. To continue or make a plan to practice self-care, to fill your own sense of being with the love, compassion, and peacefulness that we wish to extend to others, and then truly enjoy welcoming the holidays and emerging new year. If you are looking for self-care opportunities, there are many noted in this Real Well newsletter. You might consider adding a gentle yoga practice to your weekly schedule. Yoga is a wonderful way to stretch, strengthen the body, and gain renewed flexibility and mobility. I invite you to join me at one or more of the complimentary yoga sessions listed below. All levels are welcome. If you are new to yoga – that's great! Chairs are provided on Monday, and a few mats are available at the libraries for yoga flow.

SCHEDULE:

Monday at 2:30 pm

Chair Yoga at the Gilchrist Museum of the Arts

Tuesday at 11:00 am

Yoga Flow at South Cumberland Library

Friday at 10:30 am

Yoga Flow at LaVale Library

The Monday and Tuesday sessions are also available on Zoom so you can join in from your home or office. For more information, including Zoom links, please contact collinssmithcd@upmc.edu.

be Well. be Happy.



SELF-CARE with HEALTH COACH CAREY MOFFATT, MS, NBC-HWC

My name is Carey Moffatt, and I have been in recovery from an alcohol use disorder for 14 years. Addiction comes in many forms. For me, it was self-medicating for underlying mental health disorders. Before I became sober, I resumed use several times. Despite giving it my all, I needed to seek treatment to address my mental health, or nothing would change. This was something I learned by trial and correction. Every reoccurrence was a lesson. In treatment, I learned about my own personal triggers and was given new coping skills. Staying busy was particularly important to my recovery. It was during this time that I found a new passion—exercise! Finding other things that I enjoyed were key to my sobriety. My journey with physical activity started with baby steps. Eventually, I exercised three to five days a week. My new passion inspired me to become a certified personal trainer to help others achieve their goals. In addition to exercise, I read as much as possible about alcohol use disorders. It was during my research that I learned about the peer recovery movement. Paying it forward was something else that was important to me. I decided I wanted to become a certified peer recovery specialist and a SMART Recovery facilitator. I enrolled in the SMART Recovery training, and in August, I started an online SMART Recovery group. I passed the exam during the summer to become a certified peer recovery specialist. Having positive support from the peer community and giving support to others are additional tools that I added to my sober toolbox. The most important message from me is that recovery is possible. If you fall, get back up. "Pain is real. But so is hope."



Recovery Rocks!

SMART Recovery®
Self Management and Recovery Training

DISCOVER THE POWER OF CHOICE!

SMART Recovery® is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research.

We can help people recover from all types of addiction and addictive behaviors, including: alcoholism, drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

We are a self-empowering, abstinence based, self-help support group (NOT a 12-step program) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

The SMART Recovery 4-Point Program® offers tools and techniques for each program point:

- ➔ Point 1: Building and Maintaining Motivation
- ➔ Point 2: Coping with Urges
- ➔ Point 3: Managing Thoughts, Feelings and Behaviors
- ➔ Point 4: Living a Balanced Life

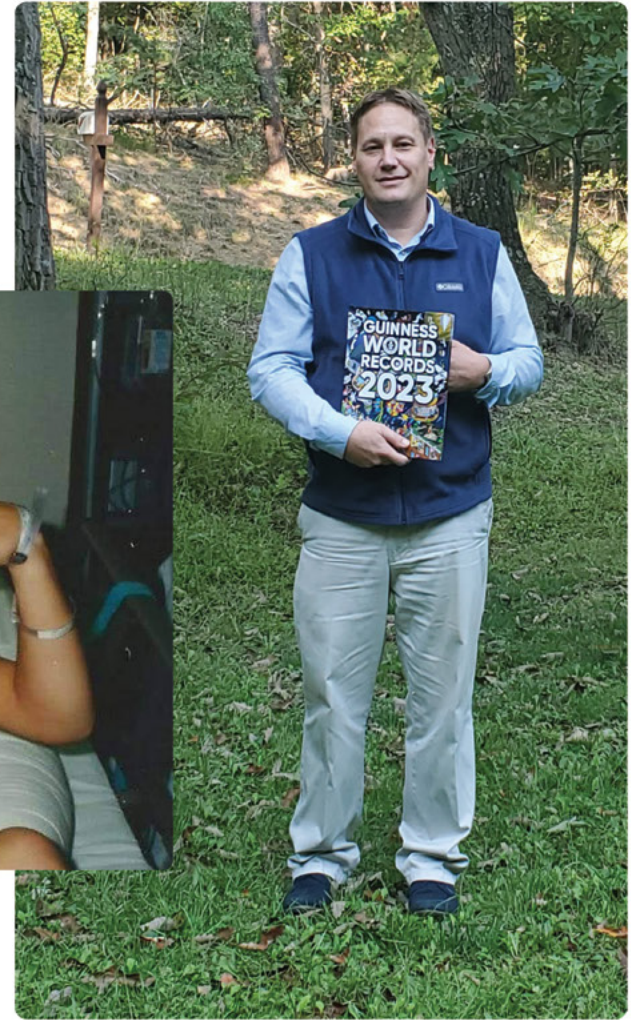
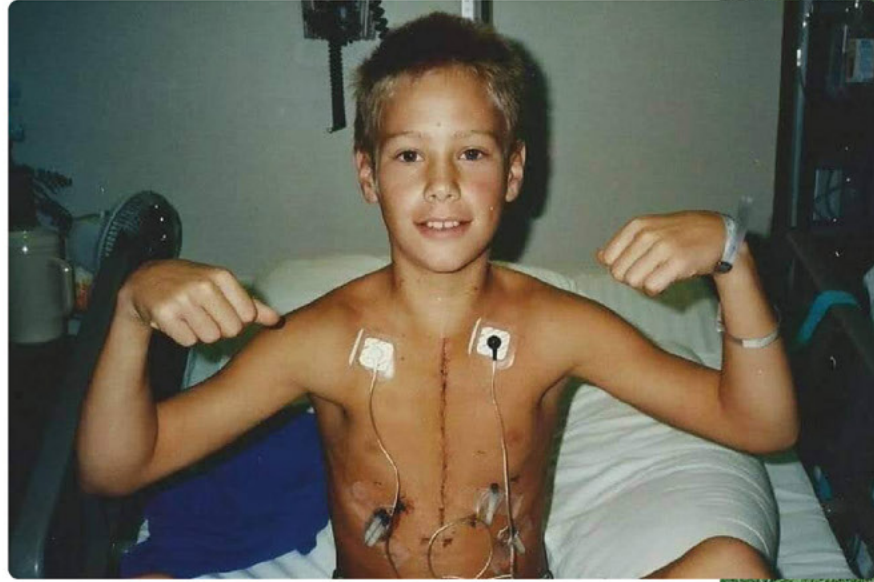
When: Thursdays beginning on August 25th
Time: 12pm to 1pm
Where: <https://smartrecovery.zoom.us/j/92428668521>
Contact: For more information, please contact Carey Moffatt at moffattcl@upmc.edu or call 240-964-8418

THE MIRACLE LIFE OF CHRISTMAS

I am so thankful for Christmas and life. I love this time of year, spending time with those we love and celebrating Christmas. Also, of course, all the food and presents! The Christmas life and all its meaning get more valuable to me as the years go on. You see, it's a miracle I am even here. Last Christmas, the story of my life broke on Christmas Day! I was born with a heart problem; a pin-sized hole kept my little body alive. My parents did all they knew; they turned and cried out to God to spare my life. They also got as many churches and people to pray as they could. God had mercy on me. My first open heart surgery was when I was only one month old; rarely done in the world then. I ended up having three open heart surgeries, six cardiac catheterizations, five blood clots, a deadly disease called S.B.E subacute bacterial endocarditis and two valves replaced simultaneously. It was a very long and extensive surgery for only thirteen years old.

During these times, time and time again, God intervened miraculously in my life. A scripture I loved when I was 11 years old and going through my deadly disease was Psalms 91. Part of it says, "He who dwells in the secret place of the Most High shall abide under the shadow of The Almighty,"...vs. 15 "He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him and show him my salvation." All this is chronicled in my mom's published book. This year, my story has spread throughout the country and worldwide and translated into different languages.

I became the longest survivor of a double heart valve replacement, and I am in the Guinness Book of World Records, 2023 edition, on page 72. My heart is encouraging as many people as possible



to help bear their burdens. No matter how bad things may look, all things are possible. To be with them, encourage and pray for them. To know through it all, God is good. I am living proof that God answers prayer. I am thankful to so many for their prayers, for doctors, for family and all the support. I was told I could not do so many things, but God had other plans that defied the odds. When people know my story and are sick, going to have surgery or have had surgery, there is an instant connection beyond words. I am willing to share my story with whoever would want to hear it. You see, I have so much more to be thankful for; he saved my life physically and spiritually. And as long as I live, may my heartbeat tell of God's saving grace for this life and the life to come. For the hope, we have in Christ. The reason for Him to come as a baby in a manger and go to the cross was His heart beating for you, for me, for all who would accept Him. He is

all love. Nothing like knowing Jesus and having a personal relationship with Him for Christmas. To pray and accept His love and sacrifice for you. He loves, He forgives, and He wants you to come. Just pray now; he will hear and love you! May God bless you and your family. May you have a wonderful holiday season and a blessed New Year! I bless you with God's love, health and peace. I bless the New Year to be full of Joy! I bless you with the miracle life of Christmas!

Merry Christmas!

Thanks for letting me share the Hospice Chaplain's miracle, saved heart!

Rev. Seth Wharton

LAUGHTER IS THE BEST MEDICINE



Why are elves such great motivational speakers?

They have plenty of elf-confidence.



STROKE EDUCATION

Early identification of a stroke is essential to minimize the loss of long-term cognitive and motor function. **BE-FAST** can be used to identify > 95% of strokes.

NewYork-Presbyterian

KNOW THE SIGNS OF A STROKE

Being able to identify key stroke symptoms allows one to be treated as soon as possible, ideally in under 90 minutes. So remember: **BE FAST**.

- Balance**
Is the person unsteady on his feet?
- Eyes**
Have you lost vision in one or both eyes?
- Face**
Does the person's face look uneven?
- Arms**
Is one arm hanging limp?
- Speech**
Are you having trouble speaking?
- Time**
Call 911 if you have experienced any of the above.

HEALTHY AGING

Keep active - even when it is cold outside!

Physical activity is good for people of all ages, especially seniors. It can reduce your risk of chronic health conditions and improve your mood, strength and balance. Seniors should aim for 2½ hours of moderate-intensity exercise per week. Achieving this can be challenging during the winter's cold, dark days, but considering the tips below, you'll be on your way to staying active this winter!

Here are some tips to get you started:

Visit your public library: Most public libraries have a wide selection of exercise videos, books and e-books that focus on low-impact movement. Additionally, many of our local libraries offer free yoga classes!

Follow an online video or class: There are thousands of exercise videos online but don't just scan through social media sites and try to complete the first workout you find. Search for exercise programs specifically created for seniors, and incorporate stretching, strengthening and low-impact cardio.

Schedule movement into your day: Movement is crucial to good health! A body at rest tends to stay at rest. This is especially true when the weather outdoors is bad. Plan a specific time each day to move. Many people find it best to complete a workout in the morning when they feel the freshest and the day hasn't gotten away from them.



IN THE KITCHEN with RACHEL

Rachel Sproat, RDN, LDN



Roasted Brussel Sprouts and Sweet Potato



This dish is a blend of savory and sweet, perfect for a weeknight dinner or holiday party.

INGREDIENTS

- 1 lb Brussels sprouts, halved
- 3 cups peeled and cubed sweet potatoes
- 1 cup chopped onion
- 2 tbsp olive oil
- 1 tbsp orange juice
- ¼ tsp ground cinnamon
- ½ cup walnuts
- ½ cup dried cranberries

DIRECTIONS

- 1.) Preheat oven to 400°F. Spread the Brussels sprouts, sweet potatoes, and onion on a large-rimmed baking sheet or casserole dish.
- 2.) In a small bowl, combine oil, orange juice, and cinnamon. Drizzle over the vegetable mixture and toss to coat evenly. Sprinkle salt (in moderation) and pepper over vegetables.
- 3.) Roast 15 min. Stir gently, add walnuts, and continue to roast for another 15 min., or until vegetables are tender and nicely browned. Add cranberries to mixture and serve warm.

<https://fruitsandveggies.org/recipes/roasted-brussels-sprouts-sweet-potatoes/>

Spinach and Sausage Frittata



Frittata's are a protein-packed dish that can be eaten for breakfast, lunch, or dinner. Get creative- they are a great way to use up leftover veggies! To make this vegetarian, substitute roasted potatoes or black beans for the sausage.

INGREDIENTS

- 9 eggs
- ½ cup plain yogurt
- 1 tsp dried oregano
- ¼ tsp salt
- 1 Tbsp olive oil
- 2 mild Italian sausages chopped
- ½ yellow onion, chopped
- 4 cups baby spinach
- ½ cup grated parmesan

DIRECTIONS

- 1.) Preheat the oven to 375F. Whisk together the eggs, yogurt, oregano, and salt in a large bowl. Set aside.
- 2.) Heat the oil in a 10-12 inch oven-safe skillet over medium-high heat. Add the sausage and onion and cook, stirring occasionally until they begin to brown. Add the spinach and cook just until wilted. Remove the skillet from heat.
- 3.) Pour the egg mixture over the top and lightly stir to evenly spread over the spinach and sausage. Sprinkle the Parmesan on top.
- 4.) Bake in the center of the oven for 25 minutes or until the eggs have set and the top is golden. Cut into 6 slices and serve

Flanagan, S. Kopecky, E. (2018). Run fast cook fast eat slow: Quick fix recipes for hangary athletes. Rodale.

Turkey Tetrazzini



This one-pot recipe is a great way to use up leftover turkey and can be ready in 30 minutes. Plus, it includes all the components of the plate (starch, protein, and vegetables).

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- ¼ cup chopped onion
- ½ cup chopped baby bella mushrooms
- 2 tsp minced garlic
- ½ tsp black pepper
- ¼ tsp salt
- 1 cup chopped carrots
- ¾ cup peas
- ¼ cup water
- 4 oz. light cream cheese
- ¾ cup skim half and half
- 6 oz. angel hair pasta cooked
- 2 cups cooked turkey breast
- ½ cup parmesan cheese, shredded

DIRECTIONS

- 1.) Pour the olive oil in a medium stove top pan that has a lid. Saute the onions, mushrooms, garlic and salt and pepper for 3 minutes.
- 2.) Add in the carrots, peas and water. Cover, then cook over medium to low heat for 8 to 12 minutes, stirring frequently. Carrots should be able to be punctured easily with a fork.
- 3.) Remove cover and stir in the cream cheese and half and half. Continue to mix over medium heat until combined.
- 4.) Stir in the turkey, pasta and parmesan cheese. Garnish with fresh chopped parsley and serve warm.
- 5.) Store leftovers in the fridge in an air-tight container and use within five days, or freeze and reheat within three months.

<https://shawsimpleswaps.com/healthy-turkey-tetrazzini>

