

FOREVERWELL (55+)

DECEMBER NEWSLETTER



How to have a Healthy yet Jolly Christmas

Eating healthy during Christmas can be a challenge with all the delicious food and treats around, but it's definitely possible to enjoy the holidays while staying mindful of your health. Here are some tips to help you maintain a balanced diet without sacrificing the festive spirit:

1. MINDFUL EATING

Eat in moderation: It's easy to overeat during the holidays, so try to focus on portion control. You don't have to avoid your favorite Christmas foods, but being mindful of your portions can help.

2 . FILL UP ON VEGGIES AND LEAN PROTEINS

Include plenty of vegetables and lean proteins on your plate, such as turkey, chicken, fish, or plant-based proteins like tofu or legumes. These foods are nutrient-dense and can help fill you up without overloading on calories.

3. CHOOSE HEALTHIER SIDE DISHES

Instead of heavy sides like mashed potatoes with butter or creamy casseroles, opt for lighter versions, such as roasted sweet potatoes, steamed or roasted vegetables, or whole grain stuffing.

4. LIMIT SUGARY DRINKS AND ALCOHOL

While it's easy to indulge in eggnog, sugary cocktails, and festive sodas, try to limit sugary beverages, which can add a lot of empty calories. Opt for sparkling water, herbal teas, or a glass of wine instead.

5. STAY ACTIVE

Keep moving throughout the holidays! Try to stay active by going for a walk, dancing, or playing a game with family and friends. Physical activity will help offset some of the extra calories and keep your energy levels up.



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Save The Dates

Every Monday
11:15-12:15p
(in the Teaching Kitchen)
Forever Coffee & popcorn

Closed
December
24-25h for
Christmas

If you have any questions feel free to reach out to me.

Jacob Klatkiewicz Healthy Living Director

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Save the Date:

Arts & Crafts:

December 9th 11:15-12:15pm

Paper Mache Snowflakes

Help us decorate Studio A

Guest Speaker: Barry Johnson

December 16th 11:15-12:15pm

**Hometown Pharmacy from
Speaking about supplements**

Mindful Eating

December 12th 5-6:30pm: Brain Health

Lunch N Learn

December 18th 11:15-12:15pm

Rotisserie Chicken Ramen

No Potluck this month due to the holidays.

**Spend time with the community and try
out group class to get to know more of
your fellow members.**



GROUP CLASSES

- ◆ **SILVER SNEAKERS**
M/T/W/TH 10:15-11AM
- ◆ **CHAIR FLOW**
T/TH 11:15-12PM
- ◆ **ACTIVE OLDER ADULT**
M/W/F 8:15-9AM
- ◆ **WATER AEROBICS***
M/W 8-9AM, 10-11AM, 1-2PM, 5:30-6:30PM
T/TH 11-12AM
F 8-9AM, 10-11AM, 1-2PM
* **PUNCH CARDS NEED TO BE
PURCHASED AT THE FRONT
DESK**

*For more programs, please
check out the YMCA
website for current events
and schedules.*

DID YOU ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.
If you'd like to volunteer for our ForeverWell group, plan activities, or contribute to this newsletter, please contact Jacob Klatkiewicz at klatkiewicz@swcymca.org