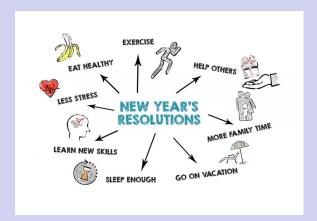
FOREVERWELL (55+)

JANUARY NEWSLETTER



New Year New Me for 55+

1. FOCUS ON PHYSICAL ACTIVITY

- **Strength Training**: Do weight or resistance exercises twice a week to build muscle and support bone health.
- **Balance & Flexibility**: Practice yoga or tai chi to improve balance and prevent falls.

2. PRIORITIZE NUTRITION

- Balanced Diet: Eat a variety of fruits, vegetables, lean proteins, healthy fats, and whole grains.
- Hydration: Drink at least 8 cups of water daily.

3. MENTAL HEALTH

- **Socialize**: Stay connected with family, friends, or community groups to combat loneliness.
- **Sleep**: Aim for 7-9 hours of sleep each night for better mood and health.

6. REGULAR HEALTH CHECK-UPS

 Routine Exams: Schedule annual physicals and monitor key health metrics like blood pressure and cholesterol.

7. CONSISTENCY IS KEY

 Creating Routine: Set a regular time for exercise each day and stick to it for consistency.

8. CONSIDER PROFESSIONAL GUIDANCE

TRAINER OR DIETITIAN: WORK WITH A PERSONAL TRAINER OR NUTRITIONIST IF NEEDED TO PERSONALIZE YOUR PLAN.

By focusing on exercise, nutrition, mental health, consistency, and regular check-ups, you can build sustainable habits that will improve your overall health and well-being.



IN THIS ISSUE

New Year New Me for 55+

Save The Dates

Every Monday 11:15-12:15p

(in the Teaching Kitchen)

Forever Coffee & popcorn

New Years Eve Hours 8am to 12pm

New Years Day Hours 10am to 4pm

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

Jacob Klatkiewicz Healthy Living Director

715-818-6015

What's New at the Y

24/7 Access starts January 1st at 4am
Visit the front desk to purchase a key fob for \$5
per family per month



Silver Sneakers is now called Forever Active!

GROUP CLASSES

FOREVER ACTIVE
M/T/W/TH 10:15-11AM

Save the Dates

Guest Speaker: Jacob Klatkiewicz
Create S.M.A.R.T Goals &

Health & Fitness Tips

T/TH 11:15-12PM

CHAIR FLOW

Mindful Eating:

January 16th 5-6:30pm:

Super Simple Vegan Burrito Bowl \$15 members | \$20 Non-Members

Lunch N Learn

January 29th 11:15-12:15pm

Yummy Thai Peanut Bowl

\$15 members | \$20 Non-Members

M/W/F 8:15-9AM

ACTIVE OLDER ADULT

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

American Red Cross Blood Drive
Wednesday January 29th 10am-3pm
South Wood County YMCA

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