

# 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!**

### Save the Dates

**Guest Speaker: Jacob Klatkiewicz** ♦  
**Create S.M.A.R.T Goals &  
Health & Fitness Tips**

### 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**

### American Red Cross Blood Drive

**Wednesday January 29th 10am-3pm**

**South Wood County YMCA**

## GROUP CLASSES

- ♦ **FOREVER ACTIVE**  
**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](mailto:klatkiewicz@swcymca.org)