

Habits for a stronger, more balanced life

Healthy Lifestyles Class is a 2-hour class which addresses exercise, healthy eating habits, ways of dealing with stress, and providing balance to your life. The class fundamentals are choosing food wisely and embracing a more active lifestyle. Although this class is offered to those enrolled at New Beginnings, the fundamentals that the students learn apply to all of us.

In the scheme of healthy living, an hour of exercise three times a week is important to overall physical and mental health. Several examples are available; one that is easy to incorporate in your weekly schedule is one known as "Do-In" exercises pronounced "doe-eeen." This Far East exercise routine includes breathing and stretching exercises anyone can do anywhere. Strengthening and balancing exercises are also important. Working with small light weights, stretchy bands, and stability balls is another example of how to bring more movement into your life.

Another fundamental part of our Healthy Lifestyles Class is planning a menu and shopping for healthy foods. A healthy diet or weekly meal plan includes the basic food groups: grains, vegetables, meat and dairy. The class has adopted a weekly practice of reading labels and understanding the contents. All Americans,

including San Luis Valley residents, would benefit from reviewing food labels on soup cans, boxed macaroni, ice cream and frozen dinners.

- A bread label that reads "enriched flour" first on the label is not as healthy as a label that reads "whole wheat" first on the ingredients list.
- A snack like apples is more healthy than a candy bar.
- Another snack that reads 20% saturated fat is not as healthy as a snack that reads .05% saturated fat.

All in all, we, like the students in our Healthy Lifestyles Class, can learn to appreciate

- the raw ingredients in a meal,
- the creativity that any chef uses in a fine restaurant or in our own homes,
- the values to health in reducing fatty foods and salt intake, and
- meaningful comradery of sharing meals with others, and
- keeping a recipe bin of our favorite meals and deserts.

These simple additions to our lives can increase the quality of our life by enhancing our physical and mental health.



By

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Did you know?

Did you know that chronic stress can

- Double your heart attack risk
- Increase your likelihood of developing serious illnesses like diabetes and cancer?

Behind the Mask a collaborative art show May 2007

Milagros Coffee House
• 529 Main St • Alamosa • Colorado

(Sponsored by SLV AMIGOS
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