



#NEXTLEVELHEALTH NEWSLETTER

SUMMER EDITION

As we're enjoying these beautiful, long, hot days, the Health and Wellness Team will share some important tips with you on **“Becoming a Healthier You”** this summer. We believe that health is not just the absence of disease but a state of overall well-being, involving both the mind, body and spirit. Check out these valuable tips:

1. Continual Mental Health Awareness

We are continuing to focus on our mental health this year. It is equally as important as your spiritual and physical health. In this hurried world, maintaining mental equilibrium can seem like a big task. However, taking time to reduce your stressful interactions can make a significant impact on your overall wellbeing. Don't shy away from saying 'no' when you need to. Setting boundaries is your God-given right! Your time and energy are valuable and managing them effectively contributes to your mental health. Be proactive about seeking out mental health care. If you feel that you may need to talk to someone, please do not hesitate! Our Counseling department is here to serve all people. Contact Eleanore Pullen at (303) 368 -7105 Ext. 209 for an appointment.

2. Hydration Is Key!



On these sizzling summer days, staying hydrated is essential for your overall well-being. Our bodies are made up of about 60% water, and hydration plays a crucial role in numerous bodily functions. Make it a habit to drink 6-8oz of water every hour for every hour spent in a hot room. Not only will this help regulate your body temperature, but it will also aid in digestion, nutrient absorption, and more. If you don't care for plain water, infuse your water with fresh fruit or mint for a refreshing twist!

3. Enjoy safe, physical activities that match your physical capabilities

Summer is the perfect time to get outdoors and enjoy some physical activities. Whether it's a leisurely walk in the park, cycling, or playing a game of frisbee with friends, physical activity can boost your mood, increase

your energy levels, and contribute to better sleep. However, always ensure these activities are age-appropriate and physically safe for you. If you're new to a particular activity, start slowly and gradually increase your stamina. Remember, the goal is to enjoy the activity, and not to exhaust yourself!

4. Light, Healthy Eating

Summertime calls for lighter meals that are easy on your stomach and keep you feeling fresh. Incorporate more salads into your diet - they're nutritious, hydrating, and incredibly versatile. A salad can be a mix of anything you love - veggies, fruits, lean protein, or even some nuts and seeds. Experiment with different ingredients and dressings to keep things interesting.

“Becoming a Healthier YOU” may mean taking small steps at first, but every small step quickly adds up to reaching your desired goal. **“Becoming a healthier YOU”** is different for everybody. For some it may mean spending more time in prayer. For others, it may mean getting more rest, or more physical exercise. Whatever your goal is, begin today... and continue tomorrow... and the next day, and the next!



In this issue, we are pleased to have the newest member of the Health and Wellness Ministry - Leola (“Lee”) Thomas, MSN, RN share a testimony, and some valuable health tips:

“Many people think that as we get older, we start to slow down. Some even refer to it as “going down hill, ” but it doesn’t have to be that way. There are things we can do to help our minds, bodies, and our overall perception of ourselves. A few years ago, as I aged I felt that way. The first thing I did was speak to my family and the best advice I received was from one of my children who reminded me that I was a health professional. Now what did that mean? Go see my doctor and get a summary of my health status.

It is important you tell your doctor how you really feel, emotionally and physically. After visiting my doctor, I realized that my health status was good and that I could still do all the things I had done in the past, but at a different pace. I’ve always loved playing golf. I no longer can hit the ball quite as far as I once did, however my short game over time has improved dramatically and my golf score actually improved with age. I enjoy walking, but cannot walk as far as I used to. To compensate, I now take shorter walks twice a day. I always try to make time for social activities. I play cards with friends and belong to a book club.



What I am saying is that as you get older, you don’t have to go downhill, instead get creative on how you live your life. With that being said, you also need to make healthy food choices. This is important for all ages but especially for senior citizens because we are more vulnerable to physical and mental health disorders.

There are certain foods that are best for our bodies, especially as we age. Below are examples :

- Salmon is rich in two different types of omega-3 fatty acids, which are great for brain health. Eating a fatty fish at least twice a week is the best way to get the benefits of these acids.

- Other great options are leafy greens. Leafy greens contain high amounts of B vitamins, beta carotene, folate, vitamin E and Vitamin K. In addition to boosting energy, B vitamins help to protect the brain from stress and aging related damage. The beta carotene, folate, and vitamin E leafy greens contain may help to prevent cognitive decline associated with Alzheimer's disease and dementia, while vitamin K can help to sharpen memory.



- Coffee helps to improve concentration and focus. It should be drunk in moderate amounts. It can even lift your mood. It's also good for your liver and heart and can prevent chronic physical and mental disorders.
- Other foods that are excellent for promoting cognitive function which include avocados, Greek yogurt, vegetables, and colorful fruits.

In addition to staying physically active and consuming healthy brain food, it's essential that we cultivate a healthy lifestyle in other ways.

Here are some ways to keep your brain sharp, capable, and happy.

1. Engage in mentally stimulating activities. Any activity that challenges you to learn or solve problems works well on the brain. Examples include taking classes or teaching yourself new skills, solving brain teasers, and exposing yourself to new concepts and skills.
2. Try to get plenty of sleep. 7-8 hours of sleep each night is recommended. Many days I take a mid-afternoon nap! If you have trouble falling or staying asleep, try exercise, practicing meditation, and avoiding alcohol, or rich or sugary foods before bed.
3. Make sure to take advantage of medical resources. Get regular checkups and always consult with your primary care doctor about any new activities you are interested in starting.

The Health and Wellness Ministry wishes you a fun, safe and healthy summer!



Reminder: The CCF Wellness ministry hosts a prayer walk every Saturday at Utah Park (Iliff and Peoria, north of Overland High School) at 7:30 a.m. We have had a tremendous turnout of praying people – but there's always room for YOU!

~ Salud!

For information on the Prayer walks, local hikes, healthy eating, and safe exercise tips, please contact Caj Hunter: ministries@ccfword.org or (720) 840-5389.