

# FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

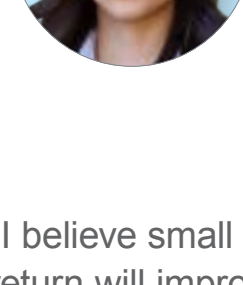
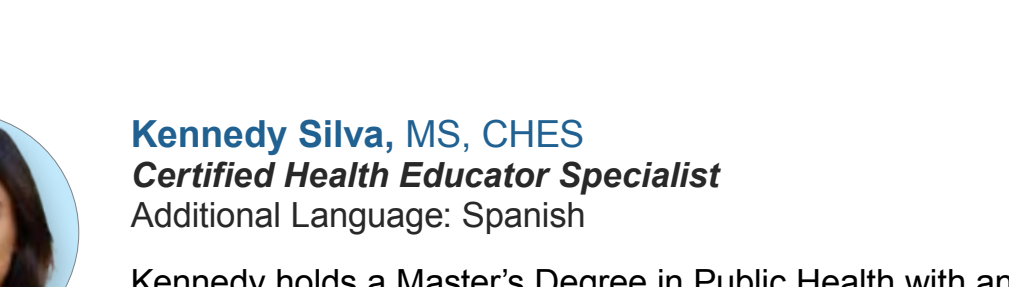
MAY IS NATIONAL FITNESS MONTH

## Let's keep things *moving!*



**Let's get moving! Why, you ask?** Because this month, we are celebrating National Physical Fitness Month to raise awareness about the benefits of physical activity. May is not only Physical Fitness Month, but it's also National Women's Health Week from May 14th to 20th! This week is dedicated to encouraging women and girls to pay closer attention to their health and wellness by ramping up their physical activity.

As we celebrate National Physical Fitness Month and National Women's Health Week, we are focusing on the importance of staying active and how crucial physical fitness is in maintaining one's health and well-being. We know that starting a new routine or even knowing what type of exercise is best can be challenging, so we have one of our health educators, Kennedy Silva, to help answer some of your questions about how much physical activity is right for you.



**Kennedy Silva, MS, CHES**  
**Certified Health Educator Specialist**  
 Additional Language: Spanish

Kennedy holds a Master's Degree in Public Health with an emphasis in Health Education and Wellness Coaching. Her experience in public health drives her motivation to help improve the lives of our members in all of the communities we serve.

"I believe small behavioral changes can have a big impact on your health, and in return will improve your overall quality of life."

– Kennedy Silva

### How much physical activity should I do?

Several studies have shown that, in general, the more exercise you do, the more health benefits you will receive. This holds true for both men and women. However, it's important to realize that each individual's health status, limitations, and capabilities for exercise and physical activity may vary. Therefore, anyone beginning a new exercise regimen should first consult with their doctor or healthcare team before making big changes to their physical activity or exercise routine.

The *Physical Activity Guidelines* suggest that each week, men and women should get at least at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic physical activity. You know you are doing a moderate-intensity activity when your heart is beating faster but you can still carry on a conversation. Try a brisk, 30-minute walk five times a week or 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity.

### How can physical activity help my health as I age?

According to the *Physical Activity Guidelines*, physical activity can help with maintaining your health as you age gracefully. Regular physical activity helps:

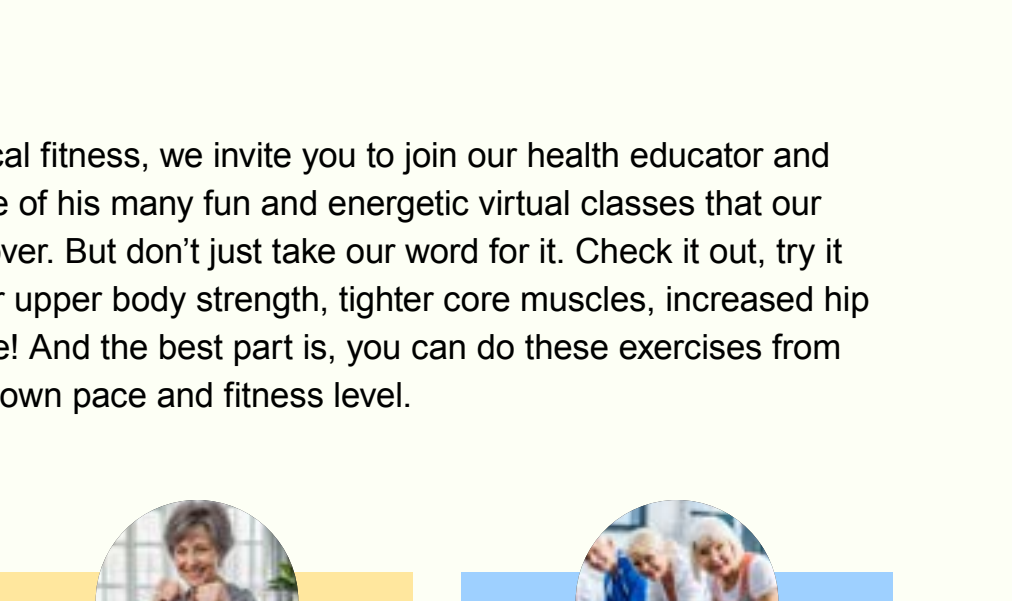
- Keep bones strong
- Prevent hip fracture (breaking your hip)
- Decrease pain from arthritis
- Prevent dementia
- Maintain the independence to do basic everyday activities, like getting dressed, going to the bathroom, bathing, and eating.

Sources: *The Office of Women's Health: <https://www.womenshealth.gov/getting-active/how-be-active-health#3>; Physical Activity Guidelines for Americans 2nd Edition*

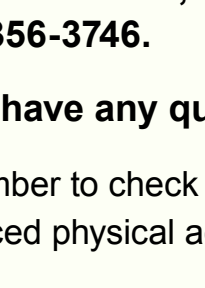
Your road to health and fitness begins here!

## Get Movin'

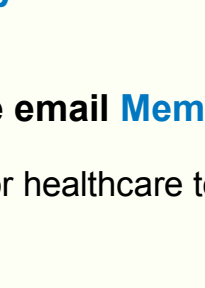
with Dan Tison



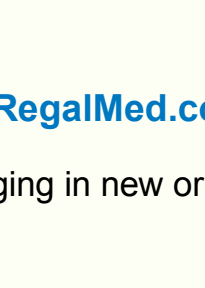
To continue on the path of physical fitness, we invite you to join our health educator and fitness expert, Dan Tison, for one of his many fun and energetic virtual classes that our members are breaking a sweat over. But don't just take our word for it. Check it out, try it out, and start experiencing better upper body strength, tighter core muscles, increased hip mobility, lasting energy, and more! And the best part is, you can do these exercises from the comfort of home and at your own pace and fitness level.



**Well Balanced**  
 Every Tuesday  
 10:00 a.m. - 10:30 a.m.

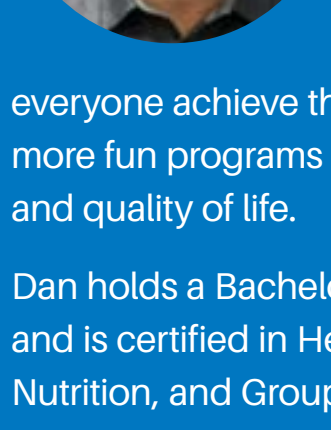


**Box and Dance**  
 Every Thursday  
 3:30 p.m. - 4:00 p.m.



**Fabulous 5 Exercise**  
 Every Friday  
 9:00 a.m. - 9:30 a.m.

## Meet Your Local Health Educator and Fitness Expert



**Dan Tison** | Lakeside Community Healthcare

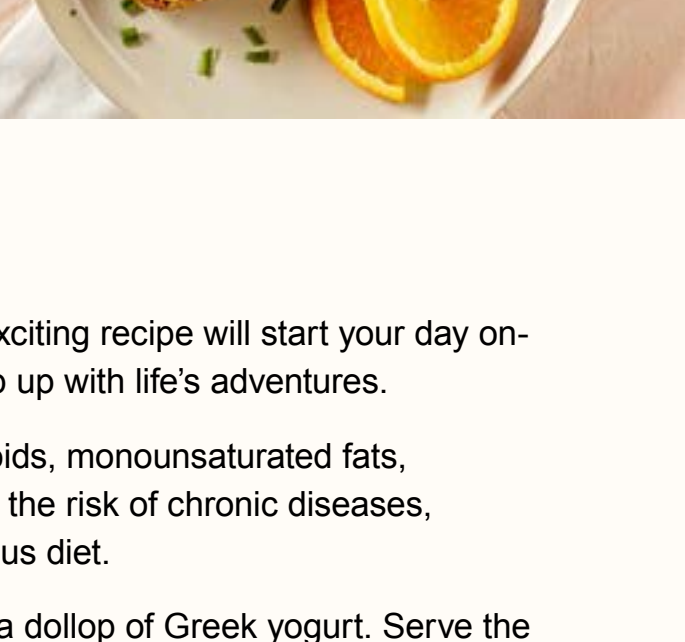
Meet Dan Tison, our devoted health educator and fitness expert with 18 years of experience in corporate wellness, fitness, and disease prevention. His motivation is to boost our wellness efforts and help everyone achieve their health goals. He is actively finding ways to create more fun programs for our members to enjoy to help enhance their health and quality of life.

Dan holds a Bachelor's degree in Exercise Science and Health Promotion and is certified in Health and Wellness Coaching, Personal Training, Fitness Nutrition, and Group Training. When he's not hosting classes, Dan enjoys activities like Brazilian Jiu-Jitsu and self-defense training.

NEW RECIPE!

## "Things are getting toasty!"

- The beloved avocado



### Who doesn't love avocado?

Especially delicious and healthy avocado toast! This exciting recipe will start your day on-the-go, giving you the energy and nourishment to keep up with life's adventures.

Avocados contain several nutrients, including carotenoids, monounsaturated fats, potassium, and fiber that have been linked to reducing the risk of chronic diseases, especially when included as part of a balanced nutritious diet.

Boost it up with protein by adding a poached egg and a dollop of Greek yogurt. Serve the egg toast with a green salad tossed in a light balsamic vinaigrette for a balanced breakfast or lunch filled with protein, veggies, and healthy fats.



**Beauty Tip:** Mashing a ripe avocado can be used as a facial mask due to its high content of hydrating oils and vitamin E. This works great if you want healthy and glowing skin.

[Get the full recipe here!](https://www.diabetesfoodhub.org/recipes/egg-and-avocado-toasts.html)

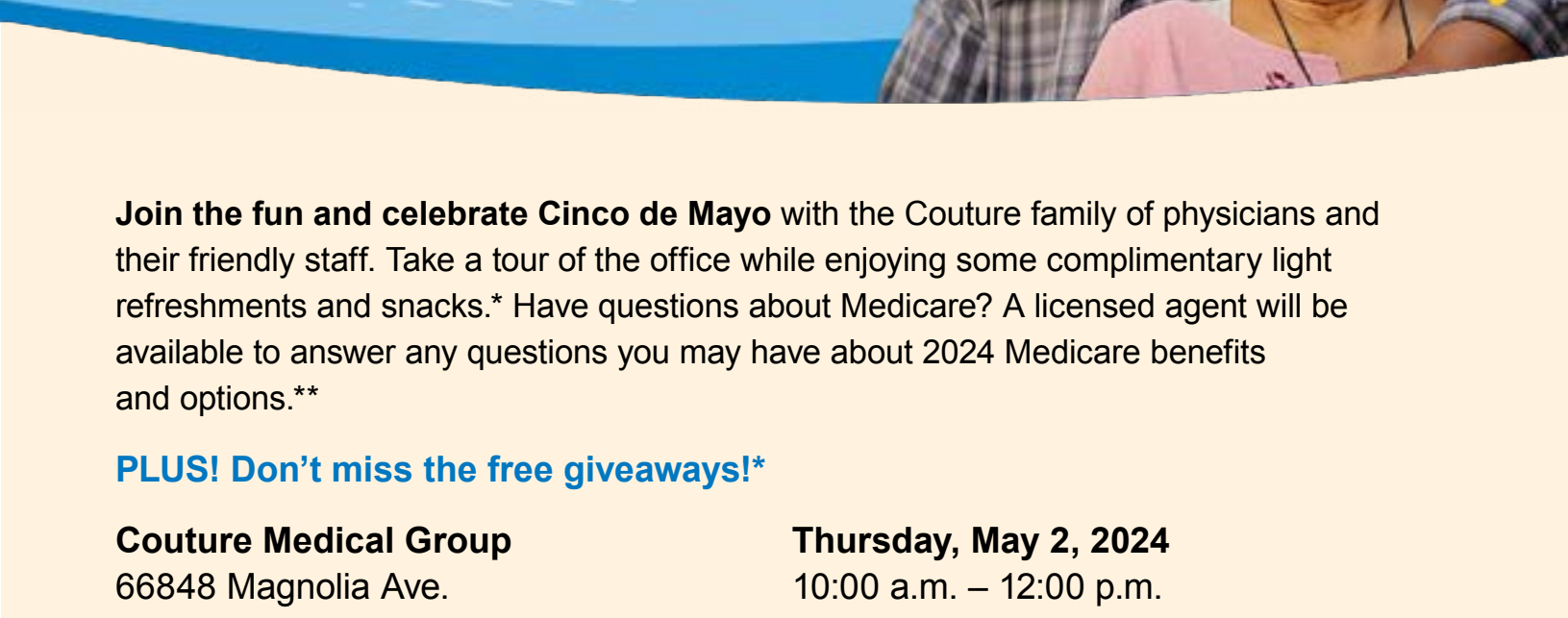
<https://www.diabetesfoodhub.org/recipes/egg-and-avocado-toasts.html>



### Celebrating Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities. This year's theme, "Powered by Connection," focuses on the impact that meaningful connections have on the well-being and health of our nation's older adults. Regal, Lakeside and ADOC invite you to be engaged by participating in activities we sponsor, health education programs we offer and fitness classes provided virtually and in-person in several locations.

Visit us at [healthywayevents.com](https://www.healthywayevents.com) to learn more.



Come join us for Coutuere Medical Group's **CINCO DE MAYO Senior Fiesta Event**

**Join the fun and celebrate Cinco de Mayo** with the Coutuere family of physicians and their friendly staff. Take a tour of the office while enjoying some complimentary light refreshments and snacks.\* Have questions about Medicare? A licensed agent will be available to answer any questions you may have about 2024 Medicare benefits and options.\*\*

**PLUS! Don't miss the free giveaways!\***

**Coutuere Medical Group**  
 66848 Magnolia Ave.  
 Riverside, CA 92503

**Thursday, May 2, 2024**  
 10:00 a.m. – 12:00 p.m.

**CLICK HERE TO RSVP TODAY!**

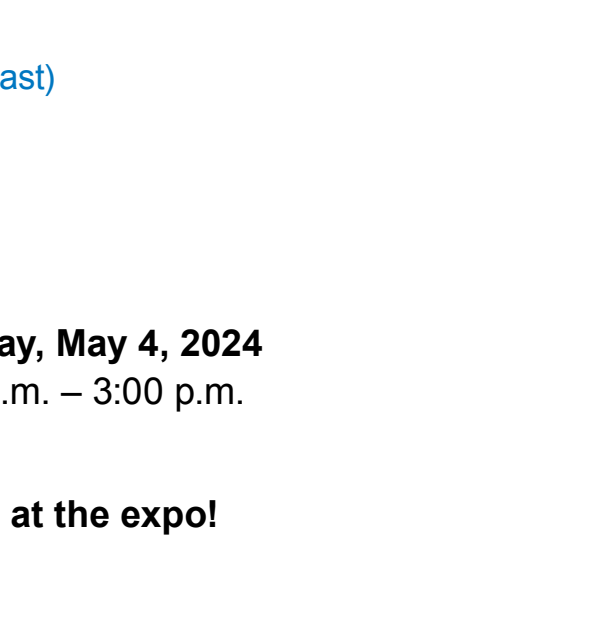
For questions, call Veronica Delgado at (951) 823-9232.

**We look forward to seeing you there!**

\*While supplies last. \*\*A licensed insurance agent will be on-site to assist. License #: 4167002

## Come join us!

Saturday, May 4, 2024  
 10:00 a.m. - 3:00 p.m.



Don't miss this **one-day event** that is all about kids! There will be vendors and businesses showcasing their products and services specifically for parents, grandparents, caregivers, and, of course, kids!

- Visit our Regal booth for **free prizes** (while supplies last)
- Enjoy live stage performances
- Stop by the vendor booths for **giveaways**
- Immerse in kid-friendly, interactive fun
- And more!

**Temecula Promenade**  
 66848 Magnolia Ave.  
 Riverside, CA 92503

**Saturday, May 4, 2024**  
 10:00 a.m. – 3:00 p.m.

**We look forward to seeing you and your family at the expo!**

For more information, visit [bit.ly/atkt](https://bit.ly/atkt)