



# FOREVERWELL

December 2023 Marshall Area YMCA



## FOREVERWELL

### GET ACTIVE STAY FIT BE SOCIAL

### Programming for those 55+

## How to Stay Healthy During the Holidays

Article from Ames Walker Live Healthy. Live Happy

No matter how enjoyable the holidays are, there's no denying that they aren't great for your health. Between the indulgent food, increased alcohol consumption, lack of exercise and inclement weather, you're probably inclined to give up on your diet and other healthy habits until January rolls around. Seniors can stay healthy during the holidays *and* enjoy the occasional treat without significant setbacks. If you're worried about staying healthy during the holidays this year, follow these 20 tips to maintain or start your good habits in between all the indulgences.

*(Article continued page 4)*





# Make it a December to Remember

We have some exciting things coming up in Decemeber.

## Run for A Claus

**December 8 @ 5:30**

Grab a grandkid, spouse, or friend and join us for a 1mile walk through Light up the Night.



Registration is required.

Cost includes a hat, jingle or glow flare to wear along the path.

## Holiday Kindlemarkt

**December 9**

Come support Kid Entrepreneurs. This one shop stop has amazing hand crafted and homemade Christmas goodies all created by young entrepreneurs in our community.

## Just a friendly reminder...

...to check out the DECEMBER FW

Fitness Schedule. This has updates from last month.

Visit [www.marshallareaymca.org](http://www.marshallareaymca.org)

to explore all our offerings.

**Move it Mondays! Is taking a break for the holidays but will RETURN in January with Denise and Heather teaching class.**



**Join Heather instead for**

**Sprint 8 on the Wellness Floor.**

**Mondays 9am-9:30am**

## Wellness Wednesday: December 6

**Healthier Holiday Eating....things to consider before you Sit down at the table...Tips available at wellness center. Desk.**

**Doctor Discussions: TBD**

## Tasty Tuesday: December 19

**The 12 Tips of the Holidays...grab yours at the wellness center desk.**

**Keep an eye out for the hours the YMCA will be open and closed during the holidays.**



## LOOK FOR THE YMCA THIS HOLIDAY SEASON AT THE FOLLOWING HOLIDAY DISPLAYS

**Lyon County History Museum  
Christmas Tree Walk**

Visit the [Lyon County Museum Marshall, MN](#) now through December 30 to vote for your favorite trees. The YMCA tree represents The Social Event which was held in November.



**Light Up the Night Holiday  
Christmas Display at Independence  
Park.**



5-9pm every night  
from Nov 25-Jan 1 at  
Independence Park.  
Come enjoy a Winter Wonder!



## MENTAL HEALTH MINUTE: Holiday Word Scramble

### WORD Scramble

UNSCRAMBLE THE HOLIDAY WORDS ... THE MOST RIGHT, WINS!

1. iewht hcostmsari \_\_\_\_\_
2. avendt \_\_\_\_\_
3. etlnib \_\_\_\_\_
4. cstdoearnoi \_\_\_\_\_
5. ksri klirgen \_\_\_\_\_
6. ngogeg \_\_\_\_\_
7. swlrismahmoa \_\_\_\_\_
8. rehdsa \_\_\_\_\_
9. emeebcd \_\_\_\_\_
10. iyfalm eouinrn \_\_\_\_\_
11. soettelim \_\_\_\_\_
12. aioittsnep \_\_\_\_\_
13. ilmerca \_\_\_\_\_
14. ronth oepl \_\_\_\_\_
15. cliesci \_\_\_\_\_
16. ngsockti fetufrss \_\_\_\_\_
17. yitdeelu \_\_\_\_\_
18. aiittdnor \_\_\_\_\_
19. nwso slaekf \_\_\_\_\_
20. ikmuppn ipe \_\_\_\_\_
21. itnsa alicshno \_\_\_\_\_
22. gsireetng \_\_\_\_\_
23. ahanhkuk \_\_\_\_\_
24. nebecrtaoil \_\_\_\_\_



High expectations, loneliness and stress can lead to the "Holiday Blues" during the season from Thanksgiving to New Year's. In most cases symptoms are temporary, but they can be serious if they last for more than two weeks, leading to clinical anxiety and/or depression.

**64% of People with mental health illness report holidays make their condition worse.**

### Tips for Maintaining Mental Health During the Holidays

- ☐ Take a break, and some time for self-care
- ☐ Reach out, connect and be kind to others
- ☐ Stay active
- ☐ Plan your time
- ☐ Eat and drink well
- ☐ Practice gratitude
- ☐ Know and minimize triggers
- ☐ Know when to ask for help

@sam.marchetta  
#selfhelpsam



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## HOW TO STAY HEALTHY DURING THE HOLIDAYS

### THE ULTIMATE GUIDE FOR SENIORS

## HOW TO STAY HEALTHY DURING THE HOLIDAYS THE ULTIMATE GUIDE FOR SENIORS

ARTICLE CONTINUEUD FROM PAGE 1 [HTTPS://WWW.AMESWALKER.COM/](https://www.ameswalker.com/)

### STAY HYDRATED.

[Water helps you feel full faster](#), cushions your joints, hydrates your skin and offers tons of benefits for your body. While it's easy to let this simple habit fall by the wayside during the busy holidays, try to make a point to carry a water bottle with you wherever you go. If plain water isn't motivating enough for you, decaf teas are also a great choice during the cold winter months.

### WATCH YOUR ALCOHOL INTAKE.

In addition to the strain it puts on your liver, [alcohol can be quite high in calories](#), and a night of drinking can quickly rack up even more calories than you eat. Limit yourself to one or two alcoholic drinks per occasion and watch out for other beverages while you're at it.

“Consider cooking smaller portions so you don't have tempting leftovers sitting in the fridge for weeks on end.”

### EAT RICH FOODS IN MODERATION.

It's not just about the type of foods you eat, but also how much you eat of them. Consuming large portions of even the healthiest foods can quickly rack up the calories, fats and carbs. You don't have to completely deny yourself during the holidays, but do keep your portion sizes reasonable and try to avoid getting extra helpings when you're not even hungry. Consider cooking smaller portions so you don't have tempting leftovers sitting in the fridge for weeks on end.

### OFFER HEALTHY SNACKS AND SIDES.

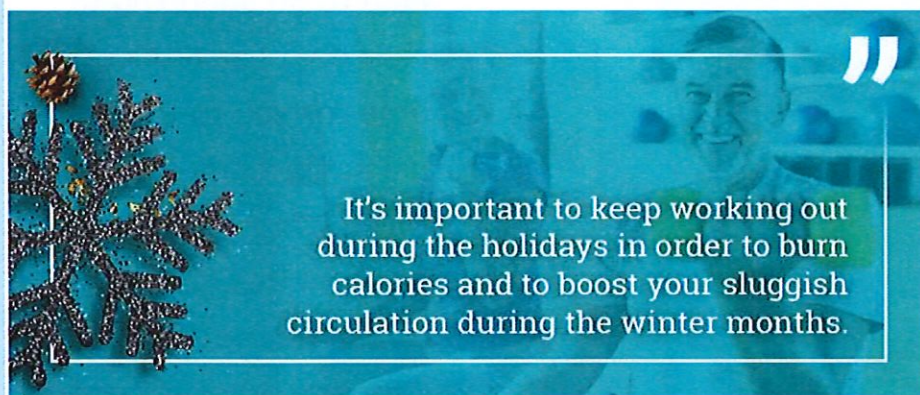
If your loved ones have potluck-style holiday dinners, volunteer to



bring a healthy dish or side to help lighten the caloric load. If you're in charge of meal planning, plan for healthy, low-calorie meals around the big holiday indulgence—for example, you might serve a salad for lunch the day of the big dinner. And it's always a good idea to keep nutritious, low-calorie snacks on hand in case the munchies strike in between meals.

### **STICK TO YOUR SPECIAL DIET.**

Many seniors have dietary restrictions of some kind or another, whether it's low sodium or no carb or something else entirely. Try to stick to your diet as much as possible during the holidays, with only the occasional departure. However, this doesn't mean that you have to forgo all your favorite dishes. Many classic holiday recipes come in various versions to fit almost every type of dietary restriction imaginable.



### **KEEP EXERCISING.**

The holidays are a busy season, and even if you have the time to exercise, you might not feel like moving after a night of indulgence. However, it's important to keep working out during the holidays in order to burn calories and to [boost your sluggish circulation during the winter](#) months. Try to move every day, even it's just some stretches or a session on the stationary bike. And don't forget that many other holiday activities—such as

walking through shops and cooking for hours on end—also burn calories.

### **STAY ON A SCHEDULE.**

Between traveling, time off and the holidays themselves, most people's schedules get completely changed during the winter. But sticking to your schedule as much as possible will help you feel centered both physically and mentally during this chaotic time. Try to wake up and go to sleep at the same time—[even during your days off](#)—and try to exercise at the same time every day, too. Eating at the same time each day can also help you feel grounded and avoid confusion, even if you're in a new environment.

### **TAKE YOUR MEDICATION REGULARLY.**

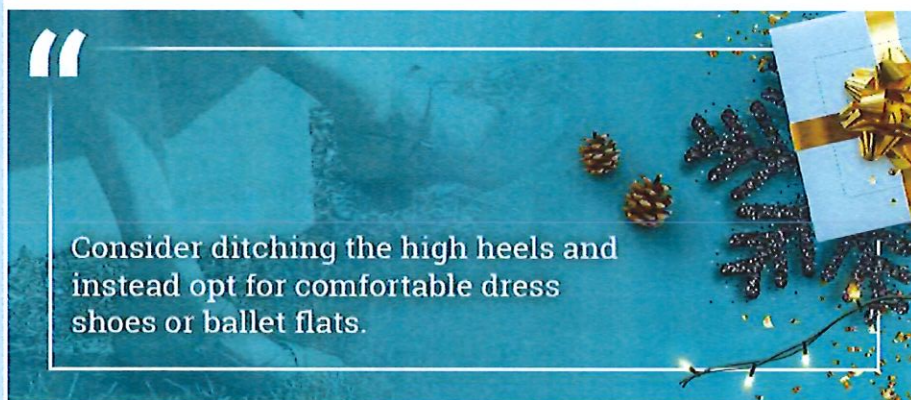
Staying on a schedule will also help you remember to take your



medications on time. If you have trouble remembering, you can set reminders on your calendar or phone, or ask your relatives to do it for you. Try to connect taking your pills to a daily activity, such as eating or brushing your teeth, to help maintain the habit. If you're flying, bring all your medications with you in your carry-on and pack extra doses in case you get delayed.

### **SHOP FOR GIFTS WISELY.**

While the holidays are a time of financial indulgence for many people, it's all too easy to rack up expenses on your credit card without really thinking about it until it's too late. Before you buy a single present, set an overall budget and then break it down by person—and stick to the numbers you decide on. Focus on experiences rather than objects. For many people, time spent together is more memorable and appreciated than the latest expensive gadget.



### **CHOOSE COMFORTABLE SHOES.**

Your feet have a lot to contend with during the holidays. Not only do you walk and stand a lot as you shop and cook, but you also have to deal with inclement weather that increases your risk of slipping and falling. [Seek out comfortable boots](#) with moisture-resistant exteriors and thick soles that will provide plenty of support. For holiday

parties, consider ditching the high heels and instead [opt for comfortable dress shoes](#) or ballet flats.



### **PLAN FOR REST TIME.**

Don't plan days full of back-to-back activities. For instance, if you're traveling one day, don't plan to go shopping the next day. Leave plenty of time for you to rest and try not to book full days if you can help it. Not only will this give you time at home to wrap gifts and other necessary tasks, but it will also keep you from running down so quickly. If you're exhausted, you're more likely to get sick—and no one wants to be ill over the holidays!



## BOOST YOUR CIRCULATION.

Between the inclement weather, indulgent diets and reduced exercise, the holidays can really slow down your circulation and make you feel cold all the time. Some of the other tips on here—such as staying hydrated and exercising regularly—will [improve your circulation](#), but there are also some other strategies you can take, such as [wearing compression stockings](#)

## CATCH UP ON YOUR VACCINES.

Your chances of getting ill increase significantly during the holidays. Not only is it flu season, but the cold weather and traveling also exposes you to new germs and makes it harder to recover. That's why it's more important than ever to support your immune system by staying current with your vaccines. If you're worried about it, there's actually a special formulation of the flu vaccine made [specifically for people age 65 and older](#) to trigger a better immune response.

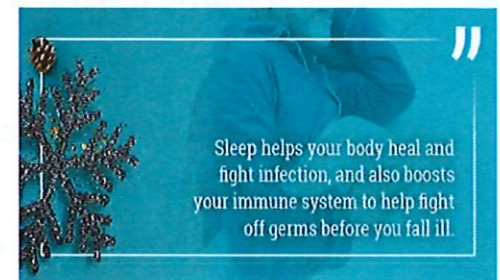
## WASH YOUR HANDS REGULARLY.

Vaccines aren't enough to keep the germs at bay. Make sure to wash your hands thoroughly before and after any holiday cooking, as well as before and after eating at a party (doubly so if they serve finger foods!). Wash your hands regularly while you're out shopping or navigating other public spaces, and avoid touching your mouth, nose and eyes unless your hands are completely clean. It's also a good idea to keep some alcohol-based sanitizer in your purse or bag in case you can't wash your hands.

## WIPE AWAY GERMS.

If you're traveling on a plane, train or bus, it's an excellent idea to sanitize your seat with alcohol wipes as

soon as you sit down. Also wipe down any lights, vents or anything that someone else might have touched. You can also keep some disinfectant wipes in your house to quickly clean up after any sick guests with minimal mess.



## GET ENOUGH SLEEP.

Even if you get your vaccines and wash your hands religiously, you'll still be susceptible to getting sick if you run yourself down and don't sleep enough. [Sleep helps your body heal and fight infection](#), and also boosts your immune system to help fight off germs before you fall ill. While the ideal amount of sleep varies by individual, many adults need seven to nine hours of shuteye



per day. If you find it difficult to sleep that long in one go, midday naps are also a great option.

### **DECORATE CAREFULLY.**

Holiday decorations contribute to the festive spirit, but they also pose multiple hazards—especially for seniors. Electrical cords can trip you up, Christmas trees can fall over, ornaments can break and cause a laceration and holiday lights can short out and catch things on fire. As you decorate for the holidays, keep an eye out for these potential hazards to stop accidents before they start.

### **ASK FOR HELP.**

Whether it's decorating the house or baking a big meal for 20 people, the holidays often call for major investments of time and energy. Even if you're always the one to decorate or cook on your own, consider starting a new tradition by asking some of your trusted loved ones for help. After all, they'll never learn the right way to do things if you don't train them—and they definitely don't want you to overwork yourself into exhaustion.



### **GET A MASSAGE.**

It's no secret that the holidays are stressful, so why not relax with a professional massage? Not only will the massage improve your mental and emotional health, but it will also [boost your physical health](#). Kneading the muscles physically pushes along blood, lymph and other

fluids, improving circulation, reducing swelling and encouraging nutrients to circulate more quickly.

### **DON'T LET THE HOLIDAY DERAIL YOU.**

When you overindulge at a party or skip a couple of days of exercising to shop, it can be tempting to feel like you've failed. But rather than throwing in the towel for the rest of the year, try to see it as a temporary lapse instead of punishing yourself mentally. Focus on the many other times you've stuck to your diet as opposed to the one cheat day and remind yourself that any workout is better than no workout. Then, start your healthy habits again and get back into your routine.

Above all, focus on what you can do during the holidays as opposed to what you can't. Rather



than fretting that you can't exercise like usual because you're traveling, celebrate the fact that you went for a walk around the airport. Instead of fretting about the rich dinner you ate last night, focus on making a salad today.

If you take this approach and celebrate the holidays in moderation with these 20 tips, you'll feel better inside and out and be far less likely to undo all the progress you've made during the rest of the year. In fact, you might do so well at maintaining your healthy habits that you don't even feel the need to make New Year's Resolutions!

## Answers to Word Scramble

**WORD Scramble**

*UNSCRAMBLE THE HOLIDAY WORDS ... THE MOST RIGHT, WINS!*

1. iewht hestmsari
2. avendt
3. etlnib
4. cstdoearnoi
5. kari klingen
6. ngogeg
7. swrlsmahmoa
8. rehdsae
9. emeeberd
10. iylalm ecuinrm
11. soettelim
12. aoiittsnep
13. ilmerca
14. ronth oepl
15. clesci
16. ngsockti fetufrrs
17. yitdeelu
18. aittdnor
19. nwso slaekf
20. iknuppn ipe
21. itnsa alicshno
22. gsireetng
23. ahannkuk
24. nebecrtaol

**WORD Scramble**

**ANSWER KEY**

1. iewht hestmsari	white christmas
2. avendt	advent
3. etlnib	blitzen
4. cstdoearnoi	decorations
5. kari klingen	kris kringle
6. ngogeg	eggnog
7. swrlsmahmoa	marshmallows
8. rehdsae	dasher
9. emeeberd	december
10. iylalm ecuinrm	family reunion
11. soettelim	mistletoe
12. aoiittsnep	poinsettia
13. ilmerca	miracle
14. ronth oepl	north pole
15. clesci	icicles
16. ngsockti fetufrrs	stocking stuffers
17. yitdeelu	yuletide
18. aittdnor	tradition
19. nwso slaekf	snow flakes
20. iknuppn ipe	pumpkin pie
21. itnsa alicshno	saint nicholas
22. gsireetng	greetings
23. ahannkuk	hanukkah
24. nebecrtaol	celebration

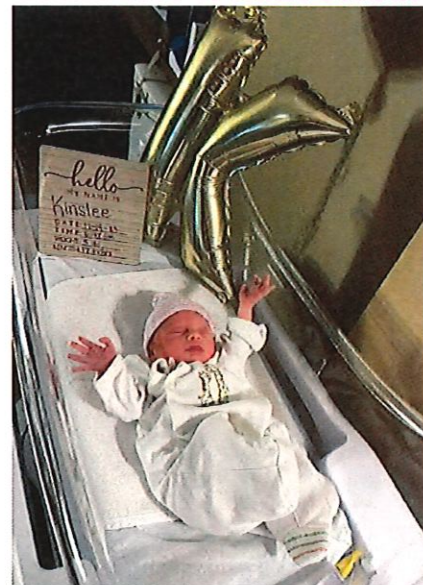
**NEW to the Marshall Area YMCA or just starting back up**  
**WELCOME WE ARE GLAD YOU ARE HERE!**



Connect with Heather Radke, ForeverWell Coordinator to get find out all your YMCA membership has to offer you as a ForeverWell Member.  
 Heather Radke

[hradke@marshallareaymca.org](mailto:hradke@marshallareaymca.org)

**CONGRATS to Katie Serbus**



Former FW Instructor on the birth of Kinslee Marie









# FOREVERWELL

## MIND - BODY - SPIRIT



OUR FOREVERWELL PROGRAM IS DESIGNED  
TO BENEFIT OUR ACTIVE OLDER ADULT MEMBERS  
(55+) TOTAL HEALTH THROUGH A VARIETY OF  
OPPORTUNITIES TO GET ACTIVE, STAY FIT  
AND BE SOCIAL AT THE Y.

## December ForeverWell Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-8:45am	<b>AquaFit</b> Lap Lane Pool Sue Morton	<b>AquaFit</b> Lap Lane Pool Sue Morton	<b>AquaFit</b> Lap Lane Pool Sue Morton	<b>AquaFit</b> Lap Lane Pool Sue Morton	<b>AquaFit</b> Lap Lane Pool Sue Morton
9am	<b>Sprint 8</b> Wellness Center Heather Radke				
9:30am	<b>Chair Yoga</b> MP Room Darwin Dyce	<b>FW Combo</b> MTG Room Heather Radke	<b>Chair Yoga</b> MP Room Darwin Dyce	<b>Strength &amp; Balance</b> MTG Room Heather Radke	<b>FW Line Dancing</b> Studio Eunice Herrick
10:15am			<b>FW Fitness</b> MP Room Denise Schneekloth	<b>Tai Chi</b> MP Room Sue Morton	
10:30am					
11am					
11:30am					
12noon					
1:30- 2:15pm	<b>FW Fitness</b> Studio Denise Schneekloth				
5-5:45pm	<b>AquaFit Deep End</b> Lap Lane Pool Ruth Bot	<b>AquaFit Shallow</b> Lap Lane Pool Heather Radke	<b>AquaFit Deep End</b> Lap Lane Pool Ruth Bot	<b>AquaFit</b> Lap Lane Pool Ruth Bot	



## **Class Descriptions:**

**AquaFit:** A low impact workout that reduces impact on your knees, back and joints. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. Great class to maintain flexibility and muscular strength.

**Sprint8:** A 20-minute beginners level cardio program. It includes a 3 minute warm up, 30 second cardio level pace, 90 second active recovery period.

**Chair Yoga:** A gentle form of yoga that involves sitting in a chair/standing and using the chair for balance while stretching and holding poses. This class helps to stretch the body, improve flexibility, and maintain, improve overall mobility for daily tasks.

**FW Combo Class:** A combination of Cardio and Strength. Some standing balance work and stretching. This class will have Modified moves to improve muscle endurance and cardiovascular fitness. You can expect to use a combination of equipment like free weights, resistance bands, and kettlebells. Come and join the fun while breaking a sweat.

**Strength & Balance:** Strength & Balance classes are exercise classes for people who want to prevent falls or improve stability. Includes exercise and advice on ways to improve balance, strength and confidence.

**Tai Chi:** Emphasizes slow, fluid movements which are performed in a sequence. This simplified style of the ancient martial art.

**FW Line Dancing:** a perfect low impact, dance class for improving coordination, balance, while increasing cardiovascular health and brain memory. All set to energetic music. This class is a fun class for all levels.

**FW Fitness:** Fitness After 50 has been renamed! You can still come to expect the same chair-based exercise class that focuses on range of motion, toning, balance, and light cardio.