How to Stay Healthy During the Holidays?

For some, the holiday season is all about joy, giving to others, family, and good food. For others, it can be a stressful, financial worry and overeating. With the pressures and expectations of home decorating, holiday parties along with overcrowded malls, tis the season for stress, emotional eating, and chronic fatigue. Below are some tips to make this time of year as healthy and stress free as possible…

**Sleep.** A good night’s sleep (anything between 7 – 9 hours of deep sleep) has amazing restorative powers and will provide us with the resiliency we may need to get to the New Year (with our nerves intact). If getting to sleep is a challenge, try turning off the screen 30-45 minutes before bedtime and/or have a hot shower or bath to help relax and induce sleep.

**Eating Healthy.** Have a healthy snack before going to a party. Keep your appetite and cravings at bay by eating a light meal or healthy snack before you go. Limit your alcohol intake. Holidays and alcohol often go hand-in-hand. Try to replace alcoholic drinks with water, sparkling water or tea. These beverages are healthier for you and can help keep you hydrated. Eat slowly and purposefully. Challenge yourself to do this during the holidays. Eating quickly can leave you grabbing for more snacks, so try to slow down and savor your food. You’ll appreciate your food more and feel fuller longer.

**Stay Active.** Make sure you are getting the exercise your body wants and needs. It is recommended that adults get 150 minutes of moderate activity and 2 days of muscle strengthening activity each week. Try something NEW! If you always go to Water X Class, try a ForeverWell Combo Class or if you’re feeling stress, try the Chair Yoga class.
Welcome our new ForeverWell Coordinator

We would like to welcome Laura McNiff as our new Forever Well Coordinator. Laura has been in the Health and Fitness Industry for 21 years. She truly enjoys working with people of all ages, but the last 3 years she trained and taught clients ages 50+. She has over 15 certifications. Laura’s passion is educating others on correct form and exercises to help relieve pain. Laura believes that a strong body and mind also builds strong communities. On a personal note, Laura has two boy’s John (26) and Pete (23). Laura lives in Woodbury with her husband Manny and their rambunctious dog, Bailey girl 😊

Free Ice Skating for Seniors
Ramsey County Parks and Recreation is offering free ice skating for seniors (55+) at Aldrich Arena. Dates are Friday Dec.3rd, &10th. Jan 7th, 14th and 21st. Feb.25th. Time: 10:45 am.-11:45 am Please bring your own skates. See you there!

Gifts for Seniors

Brighten the holidays for someone!
Support Gifts for Seniors’ 28th Annual Holiday Gift Drive for isolated older adults. So many are without friends or family stopping by to visit.

Ways to get involved:
1. Contactless giving! - Shop the online gift registries & ship directly to our center.
2. Shop at your favorite store & drop gifts at a Twin Cities’ blue barrel host location.
3. Make a direct financial donation to help us fill the gaps on no/low inventoried gifts.
4. Host a gift drive at your company, association, union, sports team, place of residency, social/book/wine club, faith community, or other membership organization.

Please visit giftsforseniors.org for more information.

PILATES REFORMER DEMO´S

WOULD YOU LIKE A STRONGER CORE?
MORE FLEXABILTY?
MORE STRENGTH?

DEMO TIMES
(20 MINS.)
WED: 9am or FRI: 10am
Please contact Laura at lara.McNiff@ymcamn.org or 651-259-1461
New Classes!

Water X -w/Pam
When: Tuesday -7-8pm
Starting Dec. 7th

Studio Combo w/Tracy
When: Friday -10am
Where: Studio B

New Class Time!
Chair Yoga -10:30 a.m.
Dec. 7th, Tuesdays
w/Laura

DO YOU KNOW HOW TO USE OUR RESERVATION SYSTEM?
IT’S EASY!
Classes, activities and key areas.

Search by branch location use the link below and filter by 55+ to find all ForeverWell activities at your location.
- Group exercise classes
- Water exercise classes
- Lap swim

Reservations will open 72 hours (3 days) ahead of time to ensure your best experience.
RESERVE Your Spot!
www.ymcanorth.org/reservations

FOREVERWELL CLASSES:

MONDAY:
8:45am - ForeverWell Combo w/Tracy
9:45am - SilverSneakers® Classic w/Carl
9:45am - Tai Chi w/Jerry
10:45am - ForeverWell Water X w/Kathy S.

TUESDAY:
8:00am - Water Exercise w/Joanne
8:45am - ForeverWell Combo w/Tracy
9:00am - Deep Water Exercise w/Joanne
10:30am - Chair Yoga w/Laura

WEDNESDAY:
8:30am - ForeverWell Combo w/Sharon
9:45am - SilverSneakers® Classic w/Deb
9:45am - Water Exercise Power w/Sharon
11:15am - Tai Chi w/Jerry

THURSDAY:
8:45am - Studio Combo w/Tracy
10:00am - Water Exercise Power w/Maria

FRIDAY:
8:00am - Water Exercise w/Joanne
8:45am - Foreverwell Combo w/Tracy
9:00am - Deep Water Exercise with Joanne
10:00am - Studio Combo w/Tracy
11:30am - Chair Yoga w/Dawn

Pickleball News
Tuesdays/Thursdays,
12:00-3:00 p.m.
No reservations needed!
Just come and play!
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOV 28</td>
<td>NOV 29</td>
<td>P</td>
<td>December 1</td>
<td>December 2</td>
<td>Dec 3</td>
<td>December 4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>New class Studio Combo w/Tracy 10am</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FW Orientations 1pm</td>
<td>PR Demos 9am W/Laura</td>
<td>FW Orientations 9am</td>
<td></td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>New class Water X 7pm-8pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>Book Club 11:30am Commons Area</td>
<td>FW Orientations 1pm</td>
<td>PR Demos 9am W/Laura</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>15</td>
<td>16</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FW Orientations 1pm</td>
<td>PR Demos 9am W/Laura</td>
<td>FW Orientations 9am</td>
<td>OPEN UNTIL NOON</td>
<td>YMCA CLOSED</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>FW Orientations 1pm</td>
<td>PR Demos 9am W/Laura</td>
<td>FW Orientations 9am</td>
<td>PR Demos 10am W/Laura</td>
<td></td>
</tr>
</tbody>
</table>