

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Eating Right for Older Adults

Simple recommendations:

- Make half your plate fruits & vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat milk, yogurt & cheeses.
- Vary protein choices.
- Cut back on sodium & empty calories.
- Enjoy your food but eat less; avoid oversize portions.
- Be physically active your way.
- For special dietary needs visit www.eatright.org to find a registered dietitian



Special Nutrient Needs for Older Adults

Eating right & staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

To maintain bone health, have three servings of calcium-rich foods & beverages each day such as fortified cereals, dark green leafy vegetables, canned fish with soft bones, milk & fortified plant beverages.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or an RDN if you need a supplement.

Fiber

Eat more fiber-rich foods to stay regular & help lower your risk for heart disease & Type 2 diabetes. Eat whole-grain breads/cereals, beans & peas, fruits & vegetables.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables & beans are good sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.

Know Your Fats

Foods low in saturated & trans fat help reduce heart disease risk. Most of the fats you eat should be polyunsaturated & monounsaturated fats found in nuts, seeds, avocados, olive oil and fish.



FREE HEALTH TALK



Presents:

NATURAL Hacks to Support Healthy Mood

FRI 11am-noon 3/8

[Register today!](#)

SPRING BREAK: MARCH 25-31

[Spring Break Fitness Schedule](#); available at Peak, Lilley Gulch & Ridge front desks the week prior.

Modified Drop-in class offerings only.



Active & Senior Adult Updates

All programs are at Peak Community & Wellness Center
—unless otherwise designated.

SPECIAL DATES & CLOSURES

JUN-AUG Class Schedules & Registration



Schedules available: March 4
Registration begins: March 18

***SIGN UP EARLY -
especially for Excursions!***

Spring Break Fitness Schedules

March 25-31

Peak Facility Closure - March 25-30



**Lilley Gulch
Cardio/Weight
Room
is getting a
make-over!**

March 13 – 22, 2019

The cardio/weight room will be **CLOSED** for remodeling **AND** getting it ready for **NEW** equipment!

We appreciate your patience.



Intro to Tai Chi

THU 9-10:30am 3/7
\$15 (ND: \$21)

Health Talk

FRI 11am-noon 3/8
Free

Intro to Step Aerobics

MON 8-8:50am 3/11
\$6 (ND: \$8)

Art-Drawing

WED 10-11:30am 4/3 - 4/24
\$50 (ND: \$68)

Golf-Foothills Adult Introductory Classes

SUN 2-3pm 4/7 - 5/5
\$95 (ND: \$110)
Learn to play golf...
& then join our non-competitive, social [Golf Club!](#)

Ian-May Fitness Class Schedules updated 3/1

Essentrics - FREE Demo Class WED 7-8pm 3/6

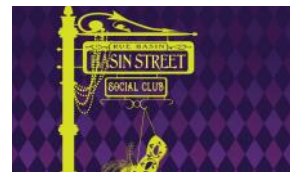
LEARN
something
NEW

EXCURSIONS

Trips include transportation & depart from Peak. NO refunds after deadline dates; you can register after deadlines. Register for the waitlist for full trips to be notified of additional dates, etc.

Arvada Town Center

Sin Street Social Club
One spot available!
WED 6:15-10:30pm 3/13
\$41 (ND: \$53)



Casino Trip

SUN 11am-5pm 3/17
\$5 (ND: \$7)

BDT Stage (Boulder Dinner Theatre)

Motones vs. Jerseys
WED 6:15-10:30pm 4/10
\$79 (ND: \$91)



CLUBS Monthly Price: \$5 (ND: \$7)

Knit & Crochet Club - FRI 9:30-11am



Mahjong Club - TUE/THU 1-4pm



Bridge Club - WED/FRI 1-4pm

Bridge Club
time change
3/22 only;
10am-1pm
-due to facility
conflicts

