



THE EVIDENCE-BASED BULLETIN

Keep yourself and your community healthy through the holidays!

If the holidays leave you feeling overwhelmed and out of control, you're not alone! Here are some key things you can do to stay happy and healthy throughout the holiday season.

Keep up healthy habits. Make a pact with yourself, like doing something active every day. If you don't completely give up your healthy habits, you won't feel like you have to start over after the holidays.

Beware of party perils. Special holiday events often serve up extra helpings of unhealthy foods. If you're a guest, eat a healthy snack before you go to avoid overdoing it. If you're the host, offer some healthier options.

Stay active. Plan out 30 minutes of a fun activity you love! Walking, biking, chair exercise, are great ways to stay moving and fit!

...**But not too active.** Give yourself the gift of peace. When the invitations pile up, don't be afraid to say no. If you need some down time to recharge for the next big party, do something that relaxes you. Try yoga, meditation, or spending time in nature.

Technical Assistance Tip

Double check your data to make sure your clients are eligible to be reported to LADOA. Eligible clients for most programs must be 62 or older. For caregiver programs eligible clients must be an informal caregiver 18 or older OR a caregiver age 55 or older for a child relative. Clients must live in the ASA that corresponds to your CDBG contract!

If you have 20+ participants, you need to bring in a second leader. It's a matter of safety!

Arthritis Exercise Fidelity Tips

Include 3 core components in every lesson plan: Health Education, Exercise, and Relaxation