

## **FINDING YOUR FIT FOR THE NEW YEAR!**



The New Year is always a great chance for a fresh start, especially when it comes to reinvigorating your fitness goals. After the holidays, which always seem to bring an overabundance in sweets and feasts, January can be a great kickoff to shedding unwanted pounds or inches. Ebenezer Medical Outreach along with the YMCA of Huntington have teamed up to bring a jumpstart to patients' health and fitness goals.

Starting in June 2021, EMO has been referring patients with pre-diabetes, diabetes, hypertension, hyperlipidemia, or obesity diagnosis to be enrolled into their "Fit on 10<sup>th</sup>" program. These patients are given a free one year membership to the YMCA located at 935 10<sup>th</sup> Avenue in Huntington, West Virginia.

Once eligibility is determined through pre-screening, the EMO patient is referred and contacted to identify their interest in participation. Upon acceptance of their new membership, each patient is given a membership card to scan in order to track their visits along with a YMCA tour. To keep the membership, the program would like participants to keep attendance usage at four times a month. It is our hope patients will find the best route to incorporate physical activity into their weekly routine.

For anyone wanting to create a lifestyle change to begin in 2022, here are some simple tips to keep your goals within a healthy reach:

### **EBENEZER MEDICAL OUTREACH**

**January 2022 Newsletter:**

**FIT ON 10<sup>TH</sup>**

**Creating Healthy Routines**

**Eating Healthy for Energy**

**To make a donation, visit us online**

**at [www.emohealth.org](http://www.emohealth.org) or**

**Call 304-529-0753**

1. Find the workout routines you enjoy! This can be daily walks in nature, or strength building exercises through lifting weights. These routines can be switched up on a weekly basis to ensure your workouts don't become dull or boring. Also, making sure you actually enjoy them creates something to look forward to doing instead of dreading!



2. Don't over-exceed your limits in the beginning. Slow and steady will almost always win this race. If you haven't scheduled a workout in a considerable length of time, it's important to go easy on your body in the beginning. Starting with one workout a week is a great goal and perfect way to ease back into the routine.

3. Early morning is often the best time to schedule your workout. It's easy to make it a part of your day by working out first thing in the morning. Set intentions on certain days to spend 45 minutes to an hour doing one of your favorite exercises.

4. Find an accountability buddy. Studies have shown when we exercise with a friend, we tend to feel more accountable to show up. It also makes a workout not feel like a 'have-to' but instead you are simply passing enjoyable time with a friend.

### **TIPS FOR EATING HEALTHIER**

Simple daily changes can lead to big results especially when trying to create a healthier lifestyle and routines. Making small every day changes like trading in soda for water or hot tea helps with keeping the body hydrated when adding in extra workouts. It's not about denying natural cravings but learning what works best for your body.

1. One of the easiest changes to eating habits is smaller portions. This can be done by using a smaller dinner plate, thereby tricking the eye into seeing a full plate. However, although the plate can appear to be full the portions on the plate are smaller.
2. Snack on fruits and vegetables throughout the day. This will also cut down on over eating and keep you feeling full. Deprivation isn't a diet. Fruits carry natural sugars designed to satisfy cravings. So don't deny the sweet tooth, instead adjust it towards eating healthier options.



3. Pack your lunch. Meal prepping not only saves time, but allows for healthier options instead of relying on quick, convenient fast food meals.
4. Eat in season. Don't be afraid to try new vegetables and recipes. Finding fruits and vegetables that are in season and locally grown are a great way to find new favorites and not get stuck eating the same boring or bland meals.

### **PROGRAM NEWS:**

**VACCINES AVAILABLE:** As COVID and its variants keep hospitalization rates increasing, EMO wants to remind everyone to get vaccinated along with booster shots. You can schedule your appointment to get Pfizer vaccine at Ebenezer Medical Outreach's pharmacy by calling 304-529-0753

Ext. 2.

### **FOOD BOXES AVAILABLE:**

Every third Friday of the month, EMO in partnership with Facing Hunger Foodbank pass out Medically Indicated Food Boxes. These boxes include fresh vegetables, lower sodium and unsweetened canned goods, and ground meats. If you are a patient



interested in receiving a medically indicated food box, please contact us at 304-529-0753.

**JANUARY IS CERVICAL CANCER SCREENING MONTH:** It is important to have preventative screening done, and since January is Cervical Cancer Screening month then there is no time like this new year to get screened if you are a woman 21 years and older. More than 13,000 women are diagnosed with cervical cancer every year.

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