

Staying Strong, Energized, and Balanced This Season

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*“As the holidays remind us, life’s richest gifts are not wrapped but
lived — in good health, warm laughter, and grateful hearts.”*

— Anonymous



Why does this matter?

*When you choose joy, you feel good and
When you feel good, you do good and
When you do good it reminds others of
what joy feels like, and it just might
inspire them to do the same.*





The 4 Pillars of a Healthy Season

1. Movement is Medicine
2. Food as Fuel
3. Restfulness for Renewal
4. Companionship for Comfort





Why Movement Matters

- Adults 65+ who stay active have up to **30% lower risk of falls** and chronic disease.
- Even light physical activity improves mood and energy.
- Regular movement supports balance, flexibility, and joint health.



Simple Ways to Stay Active This Season

- **Mini Moves Matter:** Take 2-minute movement breaks — march in place, climb stairs, dance to music, seated stretches, and chair yoga help keep joints flexible.
- **Walk & Connect:** Bundle up for a “walk and talk” with a friend, or stroll indoors at a mall or community center.
- **Balance Boosters:** Practice heel-to-toe walks or one-leg stands while brushing teeth or cooking.



Food as Fuel for Longevity

- Focus on whole foods: fruits, vegetables, lean protein, and whole grains.

Examples: colorful salads, roasted vegetables, oatmeal with fruit, grilled chicken, beans, lentils, brown rice, quinoa.

- Include omega-3s (salmon, walnuts, flaxseed) for brain and heart health.

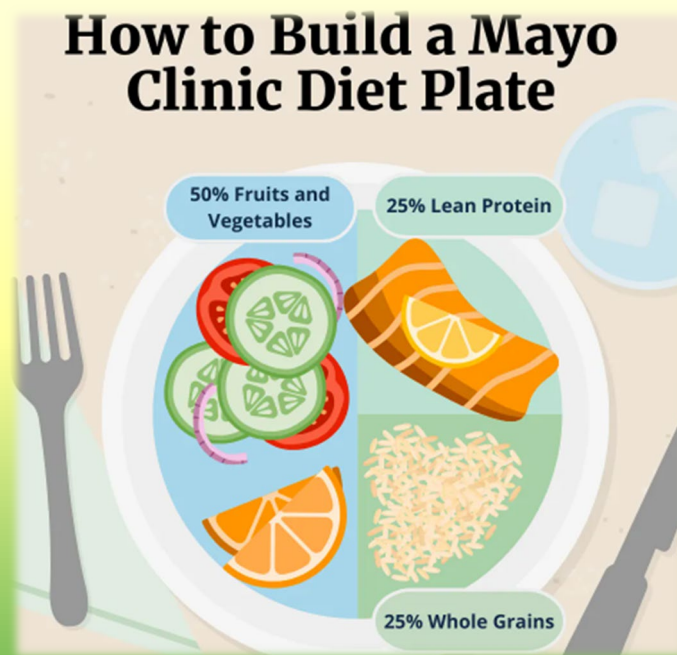
Examples: baked or grilled salmon, tuna, and oatmeal topped with walnuts.

- Vitamin D & Calcium: essential for bone health—especially in winter months.

Examples: fortified milk or plant-based milks, yogurt, leafy greens, eggs, and time in sunlight.

Easy Holiday Eating Tips

- **Don't skip meals**—it leads to overeating later.
- **Half-Plate Rule:** $\frac{1}{2}$ veggies & fruit, $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grains.
- **Mindful Eating:** Savor flavors; pause between bites.
- **Stay hydrated:** Dehydration can cause fatigue and confusion.



Caprese Christmas Wreath Recipe

- 1 lb cherry tomatoes
- 8 oz fresh mini mozzarella balls
- Fresh basil leaves
- Rocket leaves (aka Arugula)
- Balsamic glaze for drizzling
- Olive oil, salt, and pepper to taste



Instructions:

1. On a large platter, arrange the cherry tomatoes and mozzarella balls in a circular wreath shape.
2. Tuck in fresh basil leaves and rocket leaves around the tomatoes and mozzarella.
3. Drizzle with olive oil and balsamic glaze, then season with salt and pepper before serving.



Restfulness for Renewal

- Sleep helps regulate metabolism, immune function, and memory.
- Adults over 60 often experience lighter sleep; routines can help improve quality.
- Aim for 7–9 hours per night and consistent sleep/wake times.

Citation: Sleep Foundation, Sleep and Aging, 2023.



Calming the Mind for Better Sleep

- Stress hormones disrupt deep sleep
 - Try breathing (4-4-4 Box Breathing) or light stretching
- Nighttime tips:
 - Dim lights before bed
 - Avoid caffeine/screens
 - If you are restless, get up and reset

Citation: APA, Stress and Sleep, 2022.



Companionship for Comfort

- Connection is a key ingredient for emotional well-being
- Relationships help us feel grounded, supported, and seen
- Alone time is healthy, but shared moments lift the spirit
- Remind others they matter — kindness goes both ways



Key Takeaways

- **Small steps make a big difference** — consistency matters more than perfection.
- **Movement is Medicine** - find ways to move your body daily with activity that fits your season and comfort level.
- **Food is Fuel** - enjoy holiday flavors while fueling your body with what it truly needs.
- **Protect your rest** — sleep and downtime restore energy, mood, and immunity.
- **Connect with others** — companionship strengthens both body and spirit.
- **Choose grace over guilt** — focus on progress, joy, and what truly matters.



Your Holiday Wellness Checklist

☒ Movement is Medicine

- ☐ Move for at least 10–20 minutes each day (walk, dance, stretch, or climb stairs)
- ☐ Listen to your body — rest when sick or in pain
- ☐ Bundle up or find indoor ways to stay active when it's cold (mall walks, online classes, music at home)

☒ Food is Fuel

- ☐ Build balanced plates. Fill half with fruits and veggies, plus lean protein and whole grains.
- ☐ Stay hydrated — aim for 6–8 cups of water a day
- ☐ Enjoy treats mindfully, not mindlessly — savor and stop when satisfied

☒ Restfulness for Renewal

- ☐ Aim for 7–9 hours of sleep each night
- ☐ Keep a consistent sleep and wake time, even on weekends
- ☐ Try Box Breathing (4-4-4) or gentle stretching to unwind
- ☐ If you can't sleep, get up and reset with something calm (read, journal, or breathe)

☒ Companionship for Comfort

- ☐ Reach out to one person each week — call, visit, or send a note
- ☐ Plan shared moments — a walk, meal, or game night
- ☐ Balance social time with quiet time for reflection and recharge
- ☐ Offer kindness — remind others (and yourself) that you matter



Move a little, breathe deeply, and
savor the season.

Thank You