

LIVE LIFE WELLSM

Stress Less, Connect More

Whether it's binging on chocolate or the latest streaming series, we all have ways of dealing with stress and boredom. Unfortunately many of those stress reducers do little more than mask the anxiety we're feeling, leaving us staring into darkness at 3 a.m. But we're here to tell you it's time for less! Less numbing your boredom and anxiety with shopping, junk food or whatever your go-to is. And more connecting with yourself with strategies that make you healthier, stronger and happier. Sounds easier said than done, but we are here to give you a hand.

Our new women's health series – **Stress Less, Connect More** – will teach you how to channel your energies into empowering actions and positive mind-body techniques to bring more calm and sanity into your life.

During our monthly online gatherings, we'll share new concepts on how to declutter your stuff, treat your heart well, and cleanse your mind and body. Plus, it all culminates with a relaxing nature walk at a local trail in the spring – and we can all use something to look forward to.

Learn about the four-part women's health series and sign up for only \$20.

 lifelife.com/stress-less



SHED THE “QUARANTINE 15”

If you’ve packed on the “quarantine 15,” as the COVID-related weight gain has been dubbed, and are having trouble taking it off, you’re not alone. “Turning to food in times of stress is common,” says Caryn Alter, MS, RD, FAND. Add to that the decreased opportunity for organized exercise and it’s no surprise that the quarantine 15 may have turned into the quarantine 20. But don’t lose hope.

This can be an optimal time to take back control of your health, says Alter. She adds that obesity not only increases the risk of a host of illnesses, such as diabetes and high blood pressure, but it also increases the chance of having severe symptoms from COVID-19. “With more time at home, there’s more time to focus on yourself,” notes Alter. The **Weigh of Life** program sets you up for success.

“You’ll set reasonable goals for eating and physical activity, and aim for attainable weight loss goals,” says Alter. Research shows that losing five to 10 percent of one’s weight can delay or prevent medical conditions like diabetes and heart disease.

Weigh of Life features 20 virtual sessions with our health coaches, plus online group meetings and phone support, so you stay safe and connected.

 lifelifewellnj.com/healthy-weight



3 TIPS TO RAISE CONFIDENT KIDS

It's a tough time to be a kid. But if the pandemic has confirmed anything, it's that kids are pretty resilient—especially when adults in their lives help them along the way. Here are three things you can do to raise confident kids:

- 1 BE CONSISTENT.** Some household rules might have changed recently (think screen time), but that doesn't mean that all rules are out! Remind your kids of the rules that matter most and be consistent about them. No phones at the dinner table? Done. Wearing masks when going out? Easy. Children can be more confident when they know the rules.
- 2 SET REALISTIC GOALS.** Reasonable goals help avoid feelings of failure. If your teen thinks he's going to make the big leagues but can't make the high school team, discuss some reachable short-term steps that can help him along the way.
- 3 INSTILL INDEPENDENCE.** Create situations where they can do things for themselves, making sure the situation is happening in a safe environment. Show them how to make a favorite food or work the washer. Then stand back and watch them grow in confidence with each small experience. As they get bigger, entrust them with bigger responsibilities, such as caring for a pet or watching a younger sibling.



Is Your Child Ready to Babysit?



Can they listen and follow instructions?



Has your child shown good judgment in past situations?



Do they enjoy being with younger children?



Are they comfortable staying home alone?



Are they able to calmly handle any emergency situation or other problems that arise?

If you answered yes to all questions above, help them prepare with a Babysitting Clinic class. Sign up at:

 lifelifewellnj.com/events

Tap Into **WELLPOWER**

To register or learn more:  732.308.0570  lifelifewellnj.com/events

 ...Virtual classes

 ...In-person classes

CLASSES

Safe Chair Yoga

Enjoy a safe seated and supported standing yoga session, focusing on breathing techniques and gentle stretching for relaxation.

Feb. 1–22, Mar. 1–22, Apr. 5–26

1–2 pm

4 weekly classes | \$40

Is Weight Loss Surgery Right for You?

Learn about bariatric surgery options, benefits, risks, and life after surgery.

Feb. 3, Mar. 3, Apr. 7

7–8 pm

FREE

Bariatric Preoperative Education

Review preparation for surgery, general nutrition protocol, reducing risks after surgery, and resources for your weight loss journey.

Feb. 3, Mar. 3, Apr. 7

6–7 pm

FREE

A Matter of Balance

Learn practical strategies to reduce falls and increase activity by improving balance, flexibility, and strength.

Feb. 9–Mar. 30

1–3 pm

8 weekly classes | \$59

Get the Low Down on “Down There”

Join the conversation on all things pelvic health.

Feb. 10

6–7:30 pm

FREE

Girls Grow Up

A class for young women that discusses physical, social, chemical and emotional changes that will accompany puberty.

Feb. 11, Mar. 11

7–8:30 pm

Feb. 15, Apr. 1

10–11:30 am

\$20

Live Life Well with Prediabetes and Diabetes

Learn how to control blood sugars and manage weight while living with prediabetes or diabetes.

Mar. 1–22

10–11 am

4 weekly classes | \$49

Girls Eat Healthy

Learn nutrition facts and get tips and tools to integrate healthy eating anywhere.

Mar. 3

7–8:30 pm

\$20



SCREENINGS

Bone Density Screening

A heel test will identify low bone density (osteopenia) or osteoporosis.

Every Tuesday by appointment

9 am–3 pm

\$20

CentraHeart Screening

Learn your risks for a cardiovascular event. Screening is not for those with a history of heart disease or stroke.

Every Tuesday by appointment

2–5 pm

\$149



Move It or Lose It Screening

Assess how your body is functioning including strength, balance, and endurance. Call 732.637.6316 for an appointment.

Every Tuesday

9–11 am

FREE

Head and Neck Screening

Includes a facial skin, oral and thyroid exam.

Jan. 28

5–7 pm

\$10 (non-refundable)

Statesir Cancer Center

Thyroid Screening

Test thyroid function through bloodwork and a physician examination.

Feb. 25

5–7 pm

\$10 (non-refundable)

Statesir Cancer Center

Colorectal Lecture/Take-Home Cancer Screening Kit

Mar. 25

6–7 pm

\$10 (non-refundable)



Diabetes Prevention

A diagnosis of prediabetes doesn't have to progress to diabetes. Join this virtual program using your mobile device to participate. This evidence-based program helps to change lifestyle behaviors related to food, activity, and other factors that promote long-term weight loss and reduce the risk of type 2 diabetes. A health coach provides support along the way.

1 year | \$139

Scholarships are available to eligible candidates.

STRENGTHEN YOUR MEMORY

Forgot where you parked your car or your favorite niece's birthday? It's easy to chalk it up to age and say there's nothing you can do about it. But you can take steps to improve your memory.

"If your brain has changed with age, you have to change the way you use it," says Marilyn Abrahamson, M.A., Speech-Language Pathologist & Certified Brain Health Coach. "There are certain lifestyle strategies that, if started early enough, could help people to stave off the symptoms of aged-related cognitive changes, or even Alzheimer's disease and other kinds of dementia."

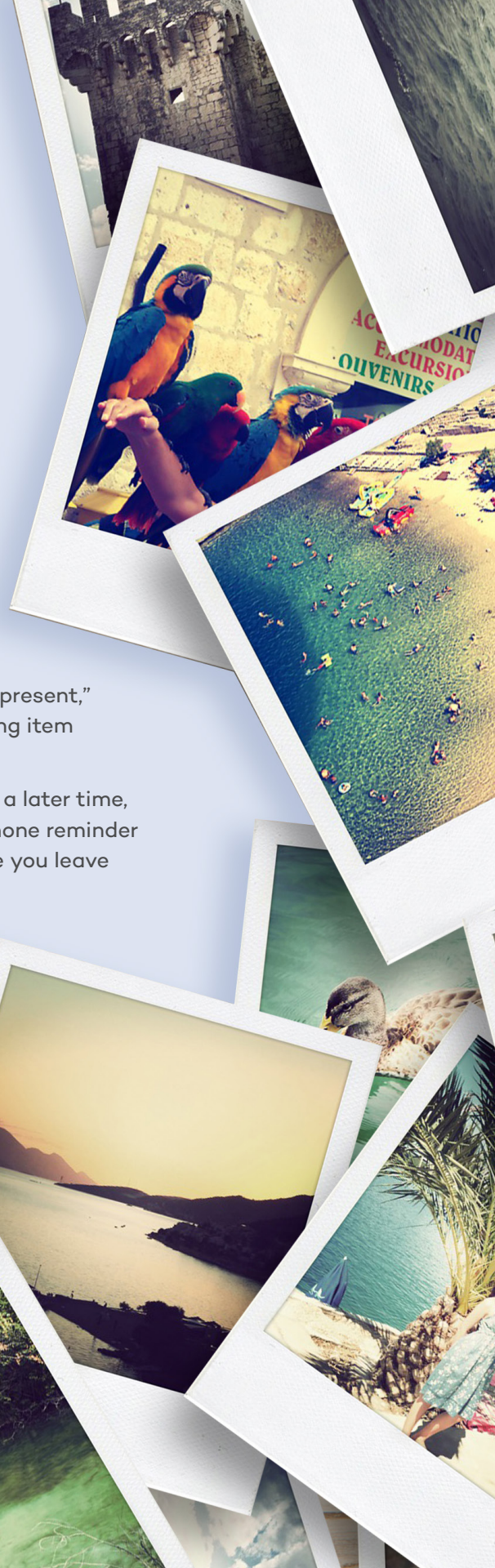
Master Your Memory teaches compensatory memory strategies and systems that will clear up space in your brain to help you remember small and big things alike.

"Worrying about remembering something takes us away from being present," Abrahamson says. "When you work on memory exercises that nagging item won't take up mental space."

Try this memory cue: When you have to bring something with you at a later time, set a pop-up reminder for the opportune moment. Use your smartphone reminder app and say "Remind me to bring [the item] at [time]." Do this before you leave the house, and you'll be sure to remember to take it with you.

Ready for ten mind-boosting lessons? Our virtual platform allows you to access lessons anytime, anywhere. Sign up for **Master Your Memory**:

 lifelifewellnj.com/wellpower



The Stress-Pain Connection

MEN'S PELVIC HEALTH

You may refer to something as a pain in the butt when it's stressing you out, like traffic and long lines, but the reality is, you're not too far off with that statement! Daily stressors and ongoing chronic stress can lead to pelvic floor pain for men.

"The pelvic floor is the group of muscles and organs that support the bladder and bowel, but that's not all it does," says Emily Bessemer, PT, DPT, PRPC. "A healthy pelvic floor can lead to a more fulfilling sex life, an increased ability to hold urine without urgency, and help prevent groin strains and low back injuries."

Believe it or not, the pelvic floor and jaw are connected so if you're clenching your jaw when feeling stressed, you're clenching your pelvic floor. That tension you are feeling in one or both of the areas are connected. Pelvic floor muscles contract in response to both physical and mental stress. If you aren't handling your stress in healthy ways and these muscles are tightening up often, it can lead to ongoing pain and dysfunction in that area, including chronic constipation.

Addressing your pelvic health through focused activities, such as posture training, yoga stretches and foam roller exercises can improve function while decreasing any pain.

Pelvic floor physical therapy can offer the strategies for relief and improvement. To make an appointment, call CentraState physical therapy: ☎ 732.294.2700



WATCH &
LEARN
MORE AT:

 lifelifeinnj.com/pelvic-health