Regal Medical Group
Lakeside Community Healthcare™
ADOC Medical Group

FIND YOUR HealthyWay

MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

SEASON'S
Greetings
FROM
REGAL, LAKESIDE, AND ADOC

As the year draws to a close, we at Regal Medical Group, Lakeside Community Healthcare, and ADOC Medical Group would like to extend our heartfelt gratitude and warm wishes to each of our members. This festive season, we reflect on the past year and look forward to new beginnings. May the holiday spirit fill your home with love, your heart with hope, and your life with laughter. We are honored to be a part of your health journey and are here to support you in the New Year and beyond.

Ask the Registered Dietitian Nutritionist

FROM THE DESK OF

Christina Cha

With so many tasty foods around during the holidays, how can I enjoy my favorites without feeling like I overate?

It can be tricky to enjoy your favorite holiday treats while also eating healthy. But don't worry, Christina Cha, our Registered Dietitian Nutritionist and Certified Health Educator, has some easy tips to enjoy your holiday meals the healthy way!

A Dietitian's Tips for Eating Healthy During the Holidays

1. **Portion Control:** While it's tempting to eat all the delicious holiday dishes, focus on portion control. Enjoy smaller amounts of favorite foods to help manage portions. This allows you to enjoy the flavors without overloading.
2. **Balance Your Plate:** Include lean protein, non-starchy vegetables, and whole grains along with your holiday treats. Protein and fiber takes longer to digest, making you feel full longer and preventing rapid spikes in blood sugar.
3. **Stay Hydrated:** It can help you control your appetite and may prevent overeating during holiday feasts.
4. **Exercise:** Mix some physical activity into your holiday routine. Go for a morning walk to start the day or try an on-demand workout video from our classes and events page at HealthyWayEvents.com.
5. **Monitor Your Blood Sugar:** If you have diabetes, continue to monitor your blood sugar levels regularly during the holiday season.
6. **Plan Ahead:** If you're attending a holiday gathering, consider eating a small, balanced meal or snack before going. This can prevent you from overindulging at the event.
7. **Limit Alcohol:** If you choose to have a drink, consider low-calorie drink options such as club soda with a twist of lime.

It's Berry Delicious!

Blueberry Crisp Dessert

Celebrate the holidays with a burst of fruity fun! This strawberry and blueberry crisp dessert is a healthier option and party pleaser. It's filled with fresh flavors, antioxidants, fiber and Vitamin C. Get ready to savor the taste of the season with this playful and guilt-free treat that's perfect for sharing with family and friends.

Get the full recipe here

GET MOVING *with* NEW FITNESS CLASSES

The Quick Fit Class:

Build a stronger core and heart with body weight exercises. Suitable for most fitness levels, this class is based on the Scientific 7-Minute Workout and ends with a nutrition Q&A.

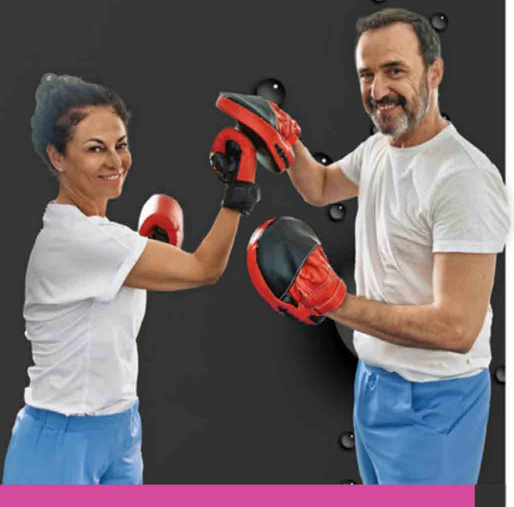
Class is held every Monday from 10:30 a.m. - 11:30 a.m. at the Joslyn Adult Center:
1301 W. Olive Ave., Burbank, CA 91506

Box & Dance:

Join us every Friday for a friendly, boxing-inspired workout. This class improves upper body strength, hip mobility, and is open to all skill levels.

Class is held every Friday from 12:30 p.m. - 1:30 p.m. at the Joslyn Adult Center:
1301 W. Olive Ave., Burbank, CA 91506

To find out how to access these classes and more, visit HealthyWayEvents.com



Meet Your Local Health Educator and Fitness Expert

Dan Tison | *Lakeside Community Healthcare*

Meet Dan Tison, the newest member of our Health Education team. Dan is a Health Educator and fitness expert with 18 years of experience in corporate wellness, fitness, and disease prevention. He's here to boost our wellness efforts and help everyone achieve their health goals.

Dan holds a Bachelor's degree in Exercise Science & Health Promotion and is certified in Health & Wellness Coaching, Personal Training, Fitness Nutrition, and Group Training. When he's not working, Dan enjoys activities like Brazilian Jiu-Jitsu and self-defense training. Dan is actively working on creating exciting fitness programs for our members, no matter where you are on your health journey.

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