



WHOLE HEALTH & HEALTHYLIVING NEWSLETTER

Being active can help you prevent or manage a wide range of health problems and concerns, including high blood pressure, stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis, and falls. Anytime you use your energy to move large muscles in your body you are being physically active. Some activities increase your stamina, like walking, while others improve your strength, such as resistance training or lifting weights. You can increase your flexibility and balance by doing activities like yoga or tai chi. **Follow these tips to get started:** If you have concerns about adding activity to your day, check with your care provider. Choose something that you like to do and think you can stick with it, but it is fine to try different things. **One way to move – Participate in your local VA2K!** VA’s 14th annual VA2K Walk & Roll event is back on **May 15, 2024** with goals of moving the body in support of your whole health and well-being, while also helping homeless Veterans.

San Diego VA Whole Health Resources for Veterans:

Offering	Description
Introduction to Whole Health	Virtual class open to all Veterans and their support system to learn more about Whole Health. Which is an approach to healthcare that focuses on what matter to YOU.
Taking Charge of My Life and Health	This is a 6-week virtual work group to provide resources for self-exploration, self-care, and goal setting which all surround what is important to YOU.
Battlefield Acupuncture “BFA”	Auricular (Ear) Therapy that can assist in pain relief. Roughly 80% of people report reduced pain symptoms & improved function, often with days of relief as early as the 1 st treatment. Tuesdays 1:00-2:30 PM, La Jolla Jennifer Moreno VA, Chapel Spiritual Wellness Center Wednesdays 10:00-11:30 AM, Kearny Mesa VA, Room 2019B Thursdays 1:30-3:30 PM, Oceanside VA, 2 nd floor, Conference Room B
Yoga	Trauma informed Yoga, designed for all skill levels, and modifiable for mobility limitations. Tuesdays 10:00-11:00 AM in La Jolla Jennifer Moreno VA, Patient Education Room 1493
Guided Imagery	A focused practice that involves each of the five senses to ignite positive healing messages throughout the mind and body. The practice is often interchanged with visualization, self-hypnosis, and guided meditation, but it has its own set of techniques.
Healing Sounds of the Native American Flute	The world of sound healing knows no bounds, and so are the sound healing instruments we can use to work with the power of their healing sounds. Tuesdays 1:00 PM, Kearny Mesa VA
Breath Flow Mindful Movement	Beginner level class to teach Veterans different ways they can move their body while being mindful of how they move. Tuesdays 1:00 PM, Kearny Mesa VA
Walking for Wellness	Thursdays 9:00am, Chula Vista VA Clinic
Feel Good Fridays	Join us as we embark on an artistic journey of creative expression! Fridays 11:00am, Oceanside VA Conf. Room B
<u>Ompractice</u>	Veterans have free access to live virtual wellness classes (ex: yoga, meditation, tai chi) after creating an account. Visit https://app.ompractice.com/veteransaffairs to begin!
Interested? Contact a Whole Health Coach	RUDOPH “ART” CENDREDA: 619-228-6204 RACQUEL WILLIAMSON: 619-203-5973 EDWIN VALERIO: 858-239-3297

Be Physically Active

Anything that moves the body counts as physical activity! Even raking leaves, sweeping the house, and washing your car count! You can also choose activities you enjoy, such as walking your dog, dancing, and gardening.

To learn more, visit

www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp



One way to move – Participate in your local VA 2K on May 15, 2024!

VA’s 14th annual VA2K Walk & Roll event is back! This 1.24 miles Walk & Roll event is meant to involve the whole VA community and highlight the importance of physical activity in maintaining a healthy lifestyle, while also helping our homeless Veterans. The event is on **May 15, 2024 from 11am to 1pm**, at the Jennifer Moreno San Diego VA Medical Center and the Kearny Mesa, Chula Vista, and Oceanside VA clinics.

To learn more, visit www.va.gov/wholehealth/va2k or contact a Whole Health Coach.

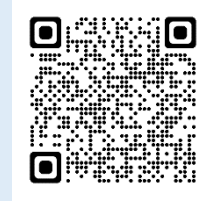
Exercise Videos



MOVE! “Physical Activity” and “Get Fit For Life” Videos
www.move.va.gov/MOVE/video/index.asp



National Institute on Aging
“Exercises for Older Adults”
www.youtube.com/playlist?list=PLmk21KJuZUM6_Gy9jxzF9sTO_6u_tYCOm



Veterans Health Administration
“GerofitExercise”
www.youtube.com/hashtag/gerofitexercise

“Move Your Way” Activity Planner

The U.S. Department of Health and Human Services “Move Your Way” site contains tools, videos, and fact sheets to help you on your journey to staying physically active! <https://health.gov/moveyourway>

Use this Activity Planner tool to help you choose activities, set goals, and build a plan:

<https://health.gov/moveyourway/activity-planner>

