

RAISE in Action

Achieve your 2018 fitness goals while trying something new with **OCA's FREE Tai Chi every Sunday from 3:30 p.m. to 5 p.m.** on the first floor in front of the Bai Wei Herbal Store in Asian Town Center located on E. 38th Street.

Tai Chi has a variety of health benefits, including:

- Better mood, with lower levels of depression, stress, and anxiety.
- Greater aerobic capacity and muscle strength.
- More energy and stamina.
- Enhanced flexibility, balance and agility.
- Lower blood pressure and improved heart health.
- Reduced Inflammation.
- Fewer falls.



Event information available here:

<https://www.facebook.com/events/1711662428884380/>

Healthy Eating Active Living

Living healthy involves moving more and eating better. This year, make moving around and healthy eating a goal. Sometimes getting started on healthy lifestyle is difficult. Here are some steps to getting started:

- Step 1: Make a commitment
- Step 2: Take stock of where you are
- Step 3: Set realistic goals
- Step 4: Identify resources for information & support
- Step 5: Continually "check in" with yourself



Is your goal for 2018 to increase your physical activity? Get off to the right start this winter by walking, skiing, or snowshoeing. Find out how to add physical activity to your weekly routine: <http://bit.ly/2j20GEe>

Regardless of your goal, always remember to reward yourself for your success. If you are consistently achieving a particular goal, add a new goal to help you continue on your pathway to success.

Recognize when you're meeting your goals and be proud of your progress. Use non-food rewards, such as a bouquet of freshly picked flowers, a sports outing with friends, or a relaxing bath. Rewards help keep you motivated on the path to be healthier.

