



January

FIT

MONTHLY NEWSLETTER

WELCOME TO A HEALTHIER NEW YEAR!

Happy New Year! ONE Health FIT is here to help you make 2026 your healthiest year yet. Our goal goes beyond weight loss, we focus on helping you achieve true, lasting health and wellness.

If you're already a FIT patient, get ready to continue transforming your health this year. If you're interested in joining the FIT program, talk with your clinician or call 877-722-3303 to schedule an appointment and take the first step toward a healthier you!

HEALTHY EATING TIP

Understanding the Health Effects of Alcohol

For many years, it was widely believed that moderate alcohol consumption—up to one drink per day for women and two for men—posed little health risk. However, more recent research suggests that even small amounts of alcohol may increase the risk of certain cancers.

Alcohol consumption has been linked to higher risks of breast, colorectal, head and neck, and liver cancers. Because of these findings, current recommendations advise individuals who do not drink to avoid starting, and those who do drink to limit intake or consider stopping altogether. Even moderate consumption can increase cancer risk.

Alcohol can also impact weight management. Many alcoholic beverages are high in calories and carbohydrates, and alcohol often leads to increased snacking or less healthy food choices—both of which can contribute to weight gain.

Additionally, alcohol has been shown to increase estrogen levels, which may lead to weight gain and other adverse health effects in males and can increase breast cancer risk in females. If your goals include weight loss, reducing cancer risk, or improving overall health, avoiding alcohol is one of the healthiest choices you can make.

EXERCISE OF THE MONTH

by Eschman Physical Therapy

KETTLEBELL HAMMER CURL



10-15 REPS X 3

This month we will continue with our kettlebell exercises. This kettlebell exercise is an excellent arm workout, particularly for biceps. Try for 3 sets of 10 with a 10- or 15-pound kettlebell to start.

- Start in a standing position with a kettlebell in each hand, holding the kettlebell handle with your palms facing inward, with your elbows completely extended, and hands by your upper legs
- Keeping your elbows against your sides, slowly bend your elbows to raise the kettlebells with both hands until your elbows are bent to at least 90°
- Slowly lower the kettlebells back down while keeping your elbows against your sides



“ The only bad workout is the one that didn't happen”

RECIPE OF THE MONTH

Baked Chicken with Vegetables

A quick, protein-packed breakfast you can make in minutes!

Ingredients:

- 4 sliced potatoes
- 6 sliced carrots
- 1 onion, sliced
- 1 pack chicken thighs or drumsticks (2-3 lbs)
- ½ cup water
- 1 teaspoon thyme
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions:

- Preheat oven to 400°F
- Place potatoes, carrots, and onions in roasting pan
- Place chicken on top of vegetables
- Mix water, thyme, salt, and pepper then pour over chicken and vegetables
- Bake at 400°F for 1 hour and until
- internal temperature of the meat is 165°F

For more healthy recipes and healthy eating information, scan the QR Code.



PATIENT SURVEY

2 - mins!

We want your feedback! To better serve our patients, we are now sending out surveys via text message to FIT patients once per quarter. Be sure to fill out this short survey to let us know what you think about ONE Health FIT!

Scan QR Code



We also would like to encourage you to leave a review about your experience with FIT on our **google page** by googling “ONE Health FIT”



FIT PROGRAM REMINDERS

Are you happy with your experience at ONE Health FIT? We'd love to hear from you! Please consider leaving us a review, just Google ONE Health FIT and share your feedback.

Your voice helps us improve and reach more people who are ready to take charge of their health. Thank you for spreading the word and being part of the FIT community!

