



## Health & Wellness is a Cornerstone of The Alhambra's Philosophy

The Alhambra recently held its annual Turkey Shoot Putting Tournament. Twenty-one participants showed off their golfing skills on St. Andrews Green, the 9-hole putting green located in the center of campus. The Grand Prize was a \$40 Buca de Beppo gift certificate, and each participant received a \$10 gift card.

The putting green is just one of the

many health and wellness amenities at The Alhambra, including a bocce court, giant lawn games, and Corsa Classic Comfort bikes, complete with lock, helmet, and a bell. Fitness enthusiasts can also walk the one-mile campus loop, which follows the sidewalk around the property, or try the half-mile stair climb with 647 steps.



## Enjoy a Fresh, Sustainable Year Ahead in Alhambra

As we step into the new year, many are making resolutions. One common goal is to adopt a healthier lifestyle, which often includes making mindful choices about diet. Opting for nutritious foods contributes to overall well-being and can be an enjoyable and sustainable change. Here are some suggestions to help you make healthy food choices this year.

First, prioritize whole foods, such as fruits, vegetables, whole grains, and lean proteins rich in essential nutrients. Incorporating a variety of colors into meals ensures many vitamins and minerals, promoting better health. Find a wide assortment of affordable fruits, vegetables, honey, herbs, bread, and more from local growers and vendors on Sundays at the Certified Farmers Market in Alhambra.

Second, introduce new foods to your family slowly. While making drastic changes is tempting, you will waste less food and find new favorites more easily with gradual experimentation and change.

Third, learn to practice moderation. Purchase and cook the amount of food your family will eat. Serve food in reasonable portions and eat more slowly.

Finally, be mindful of hydration. Water is essential to a healthy diet, aiding digestion and nutrient absorption. Drink an adequate amount of water throughout the day. Whenever possible, carry a water bottle, refilling it from the tap.

How about minimizing food waste, par-

ticularly when storing leftovers? Efficient storage helps prevent waste and ensures the safety and quality of the food consumed. Washable and reusable containers with airtight lids are helpful. Buy containers that are easy to stack or repurpose tubs with tight-fitting lids from dairy and other products, and consider labeling your containers with the date to keep track of freshness.

Freezing is another fantastic way to extend the shelf life of many foods. Use freezer-safe containers or bags to reduce freezer burn. Before reheating, defrost food in the refrigerator to maintain its texture and flavor.

After you've shopped carefully, cooked and eaten in moderation, and stored food wisely, you will still have some food scraps to throw away. These may include peels and skins from fruits and vegetables, uneaten food from plates, forgotten leftovers, pizza crusts, and even bones. Remember that all food scraps now go into your green organics cart.

Food scraps collected from residents are mixed with yard waste and turned into compost. This compost helps build soil to grow more healthy food.

Visit [RepublicServices.com/municipality/alhambra-ca](https://www.RepublicServices.com/municipality/alhambra-ca) to learn more about organics recycling and all services provided to residents and businesses in Alhambra. Have a happy, healthy, and sustainable new year!

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Stay informed and receive timely updates on health-related news tailored just for you. To sign up and access a wealth of valuable information, simply scan the QR code provided or visit our dedicated link at [bit.ly/acchwh](https://bit.ly/acchwh).

Your journey to a healthier lifestyle starts here!

