

Fitness Room



The fitness room is open
Monday - Thursday: 7:00 am to 5:00 pm
& Friday: 7:00 am to 1:00 pm



You do not need any prior appointments or clearance, you will complete a questionnaire and be assessed at your first visit. This is an “open gym” concept. Use any cardio or strength machines, and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions.

- Please use the parking lot and entrance to the fitness room located at the back of the Diabetes Center
- COVID-19 safety guidelines are in place; please wear your mask at all times, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside
- The lockers are open for use during this time, but showers are not
- Remember to bring clean, dry shoes and a refillable water bottle

Specialized Fitness Classes:

SCULPT & BURN: Monday and Wednesday, 4:15 - 5:00 p.m. Sweat your way through an aerobic workout that gets your heart pumping and body moving to increase your cardiovascular fitness and burn calories and body fat. All fitness levels welcome.

LUNCH CRUNCH: Tuesday and Thursday, 12:15 - 12:45 p.m. A half hour session to burn fat and increase strength. Each class will vary and you will leave feeling energized and refreshed. All fitness levels welcome.

Should you have any questions, or if you would like to schedule your 1st visit, you may call Megan Bushey at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov



**Working Together Today
to Build a
Better Tomorrow**

Tsiothóhrha/December 2022

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655



Diabetes Month

The Let's Get Healthy Program celebrated Diabetes Month with community screenings and a month long fitness challenge. We held screenings at Akwesasne Mini Mart, Akwesasne Twin Leaf Diner, Ionkwakiohkwaró:ron, and the Diabetes Center. Fifty participants had their blood pressure and blood glucose measured. We held a “Wear Blue” Day on World Diabetes Day.

We also held a month-long fitness challenge! With a total of 158 entries, we logged 401 miles. Congratulations to Maryann Francis who was the winner of a Fitbit!

Nia:wen to those who participated and to our partners for allowing us to hold screenings at their locations.



We are closed Monday December 26th
In observance of Christmas Day



Sculpt & Burn & Lunch Crunch Fitness Classes
are cancelled
Dec. 27th, 28th & 29th

Inside this Issue

Sick Days	2
Mindful Eating	3
Stress Management	4
Fitness	5
Recipes	6
Healthy Baking	7
Announcements	8

Preparing for Sick Days

When you get sick with colds or the flu, the illness and stress causes your body to release hormones that raise blood sugar (blood glucose) levels, making it harder to keep your blood sugar in your target range. While having diabetes does not make you more likely to get a cold or flu, it does raise your chances of getting seriously ill. Having a plan for sick days will help you manage your diabetes and can reduce the risk of additional complications. Make sure you’re getting enough water. If you’re having trouble keeping water down, have small sips every 15 minutes or so throughout the day.

Manage Your Blood Sugar - Being sick can make it hard to eat. Having simple carbs handy like juice, Jell-O, or popsicles will help keep your blood sugar up if you are at risk for lows. Use the 15-15 rule to treat the lows. Making sure your blood sugar remains in target is one of the best ways to help your body deal with sickness.

Have a Plan - Before you get sick, decide on an action plan with your health care team. This plan should include the following:

- When to call your doctor (in most cases if you are vomiting or have diarrhea more than three times over 24 hours or have had a fever over 101° for 24 hours)
- What foods and fluids to take during your illness
- How to adjust your insulin or oral medication, if you need to
- Discuss what over the counter medications you should use for colds, flu, etc. Some can raise your blood sugar or affect your usual medications

After you’ve discussed these topics with your diabetes care team, be sure to write your plan down to reference when you’re feeling sick.

If You Get Sick - If you do get sick, your blood sugar can be hard to manage. You may not be able to eat or drink as much as usual, which can affect blood sugar levels. Follow these additional steps when you’re sick even if your blood sugar is within your target range:

- Continue taking your insulin and diabetes pills as usual, even if you can’t eat
- Test your blood sugar every 4 hours and keep track of the results
- Drink extra calorie-free liquids*, and try to eat as you normally would. If you can’t eat your normal food, try saltine crackers, dry toast, soup or broth
- Check your temperature every morning and evening. A fever may be a sign of infection

Drink plenty of fluids – 4 to 6 ounces every half-hour – to prevent dehydration. You may also need to drink beverages with sugar if you cannot get 50 grams of carbohydrates every 4 hours from other food choices. Drink small portions of these sweet beverages to keep your blood sugar from going too high.

The rule of 15 - Treating for hypoglycemia (low blood glucose) is usually recommended when a person’s blood glucose level is 70 mg/dl or less. The “rule of 15” is commonly used as a guideline for treatment. After checking your blood glucose level with your meter and if your level is under 70 mg/dl, consume 15 grams of carbohydrate, wait 15 minutes, then recheck your blood glucose level. If your blood glucose is still low, consume another 15 grams of carbohydrate and recheck 15 minutes later. Since blood glucose levels may begin to drop again about 40–60 minutes after treatment, it is a good idea to recheck your blood glucose approximately one hour after treating a low.

The following items contain 15 grams of carbohydrate:

- | | |
|---------------------------------|--|
| *3 - 4 glucose tablets | *1 dose of glucose gel (in most cases, 1 small tube is one dose) |
| *1 tablespoon of honey or syrup | *1 tablespoon of sugar or 5 small sugar cubes |
| *6 - 8 LifeSavers | *1/2 cup of orange juice or regular soda (not sugar-free) |

Healthy Baking Swaps		
1 C Butter		
Greek yogurt - For every 1 C butter, substitute 1/2 C yogurt (the whole milk version will give you a better outcome, because there is still fat being added, but any version will work	1 C Coconut oil - Has many similar qualities of butter. Melts when hot and solidifies when cool. If using large amounts, might get an overall coconut taste	Mashed avocado- swap 1/2 TBSP for 1 TBSP of butter
1 C Shortening		
If the recipe calls for a solid fat, use less 1/4 less of a liquid oil (canola, olive oil)	Fruit puree – Use 1/2 of what the recipe calls for. You may need to reduce the baking time. Prunes – best in chocolate based Bananas- best in breads & coffee cakes Unsweetened applesauce – almost any baked good	
1 C Margarine		
Oil - If the recipe calls for solid fat (margarine or butter), use 1/4 less of a liquid oil (canola, olive oil). If the recipe calls for melted margarine or butter, use an equal amount	1/2 C prune puree This can save you a whopping 1,300 calories & 183 grams of fat	1 C Tofu – best in brownies. You can use the silken tofu. If you cook it in a curry or batter, make a point to cook through the dish
1 C Oil		
1 C unsweetened applesauce	Mashed bananas – use 1/2 the amount called for	
1 Egg		
2 egg whites or 1/4 C low-fat liquid egg substitute. (This will work for up to 4 eggs)	Unsweetened applesauce – Use 1/4 for every egg	Ground flaxseeds - For yeast breads, cookies, pancakes, or waffles, mix 2 TBSP ground flax meal and 3 TBSP cold water. Let the mixture rest for 10 minutes before adding to recipe
1 C Sugar		
Honey - Use 1/2 - 2/3 cup for every 1 cup of sugar. Be sure to reduce the amount of liquid in the recipe by 1/4 cup. Honey is made up of about 20% water so it will add liquid to the recipe that sugar wouldn't. Keep your recipe from burning by turning the baking temperature down by 25 degrees	Agave - Substitute agave at 2/3 cup for every 1 cup of sugar. Just like honey, it is a liquid product, be sure to reduce the amount of liquid in the recipe by 2/3 cup. It also has a high natural sugar content so reduce the baking temperature by 25 degrees and reduce the baking time by a few minutes	Sugar - just reduce the amount to 1/2 C

Recipes

No-Bake Peanut Butter & Chocolate Bites

Ingredients:

- 1/3 C low calorie granulated sugar blend, such as Splenda
- 1/3 C skim milk
- 1/2 C peanut butter
- 1 tsp vanilla extract
- 2 C old-fashioned rolled oats (not quick cooking)
- 3 TBSP mini-chocolate chips

Directions:

In a small saucepan, combine sugar blend and milk over medium heat. Stir well and bring to a boil for 1 1/2 minutes. Stir in peanut butter and vanilla. Remove from heat and add oats. Stir until oats are evenly coated in the peanut mixture and everything has cooled. Fold in the chocolate chips. Scoop oat mixture into 1 TBSP balls and place on waxed paper. Let cool and refrigerate.



Oatmeal Cookies

Ingredients:

- 1 1/4 C quick oats
- 1 C white whole wheat flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp cinnamon
- 1/2 tsp kosher salt
- 1/4 C unsweetened applesauce
- 4 TBSP unsalted butter melted and cooled
- 1 large egg
- 1 tsp pure vanilla extract
- 1/2 C honey
- 1/3 C dark chocolate chips
- 1/4 C raisins
- 1/4 C well chopped raw walnuts or pecans



Directions:

In a large bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. In a medium bowl, combine the applesauce, butter, egg, vanilla, and honey. Whisk until blended. Pour the liquid mixture into the flour mixture and stir just until combined. The dough will be wet and sticky. Fold in the chocolate chips, raisins, and walnuts. Place in the refrigerator and let chill for at least 30 minutes or up to 3 days.

Preheat the oven to 350 degrees F. Line a large rimmed baking sheet with parchment paper or a silicone baking sheet. Remove the dough from the refrigerator (if it is very stiff, you may need to let it sit out for 5 to 10 minutes). With a cookie scoop or spoon, drop the dough into 1 1/2-inch balls and arrange on the baking sheet, leaving 1 inch of space around each. With your fingers, gently flatten each cookie to be about 3/4-inch thick.

Bake until the cookies are golden and firm around the edges and set on top, about 9 to 10 minutes. Place the baking sheet on a wire rack and let the cookies cool on the baking sheet for 2 minutes, then transfer the cookies to the rack to cool completely.

Mindful Eating

Food is a central part of our lives, and some research has shown that we make more than 200 food-related decisions every day. There are countless restaurant options and foods to choose from at the grocery store. We see food advertised everywhere - on television, online, and many other places. With all of these triggers telling us to eat, it's easy to forget the essential purpose of our food: to nourish our bodies and provide us with energy. If you have trouble controlling cravings or overeating unhealthy foods, it may help to work on being more mindful when you eat.

What Exactly is Mindful Eating?

Many people eat mindlessly at meal time or when they snack. It's common to eat while watching television, while on the computer, and while driving. When you eat mindfully, you slow down the process of eating, turn off autopilot, and focus on the present moment. Increasing your awareness of the present moment helps you become more conscious of your food choices, and requires you to use all five of your senses. This helps you truly taste and enjoy your food. When you eat mindfully, it also makes you more aware of your body's cues that tell you how hungry or full you are.

Mindful Eating at Home

Like anything, learning to eat mindfully takes practice. If you want to give it a try, pick a time when you don't have a lot of distractions. Start by choosing a single food that is not very tempting to you. (A piece of fruit, a carrot, or a raisin might be a good place to start).

Before you even put the food in your mouth, look at it closely. Notice the color, the texture, and the smell. Then, put the food in your mouth and let it sit on your tongue. Use your tongue to explore the shape and texture. You may even want to close your eyes at this point, so you can solely focus on the food in your mouth. Then, start to chew slowly and notice the flavors, textures, and smells that come in and out as the food breaks down. All this time, stay in the present moment. Think about the current taste of the food instead of anticipating the next bite or having more. Before reaching for another bite, notice whether you are doing so out of craving or because you are physically hungry.

Once you've gotten a feel for it, try eating more mindfully at one meal, then gradually make it a habit. You'll find that you are actually tasting your food, enjoying meal time, and are more in control of what and how much you eat.

Here are a Few Tips to Help You Eat More Mindfully:

- Sit down to eat. Avoid distractions like reading, the television, or the computer. Don't multi-task
- Consciously tell yourself to slow down before eating. Take smaller bites and chew your food well. To slow down the process of eating, try putting your fork down between bites. You can also try eating with your opposite hand
- Use the hunger rating scale before you decide it's time for a meal or a snack. It can help you recognize if you are simply having a craving, wanting to eat due to an emotion, or if you are actually hungry
- Remember that you can't eat what's not there. If you have trouble with overeating or mindlessly eating certain foods, try not to buy them. Save them for a special occasion
- Eat from a smaller plate or bowl. Doing so actually makes us feel like we are eating more. When you eat from a larger plate or bowl, most people tend to fill it up and eat more
- Be mindful when choosing your foods. Don't just grab the first thing you see. Tune in to what you want, and consider whether your choice will provide you with some nutrition
- Explore whether certain emotions trigger you to eat

Stress Management

The holiday season often brings unwelcome guests - stress and depression. The holidays often present a dizzying array of demands - cooking meals, shopping, baking, cleaning and entertaining, to name just a few. With some practical tips, you can minimize the stress that accompanies the holidays.

Tips to prevent holiday stress and depression

Acknowledge your feelings. If someone close to you has recently passed or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you're feeling stress during the holidays, it may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. Be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Instead you can donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks
- Eat healthy meals
- Get plenty of sleep
- Include regular physical activity in your daily routine
- Try deep-breathing exercises, meditation or yoga
- Avoid excessive tobacco, alcohol and drug use
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit



Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. For example, taking a walk at night and stargazing, listening to soothing music, or reading a book

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Fitness

Stay Motivated During the Winter Months

These tips will help you stay active during the winter


- *Plan ahead
- *Commit to an exact number of workouts each week
- *Join an exercise group/class
- *Stay social - invite friends and family
- *Eat fruits, veggies and protein
- *Do something you enjoy
- *FOCUS on how it FEELS to stay active
- *Enjoy outdoor activities - skating, snowshoeing, skiing



Join us at the Diabetes Center for 12 days of FITMAS!!

**LET'S GET HEALTHY PROGRAM
FITNESS CLASS SCHEDULE**

MONDAY	SCULPT AND BURN 4:15-5:00pm
TUESDAY	LUNCH CRUNCH 12:15-12:45pm
WEDNESDAY	SCULPT AND BURN 4:15-5:00pm
THURSDAY	LUNCH CRUNCH 12:15-12:45pm

 All fitness levels welcome **FREE** to attend
Located at the Diabetes Center for Excellence
(518) 358-9667

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