

Seskehkó:wa /September 2023

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



Cholesterol Education Month

Heart disease is the leading cause of death in the U.S. High blood cholesterol is a major risk factor.

Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. Your body makes all the blood cholesterol it needs, which is why experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan. Dietary cholesterol is found in animal foods, including meat, seafood, poultry, eggs, and dairy products.

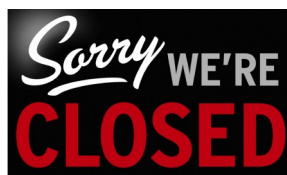
If you have diabetes, cholesterol is one of the three keys to better manage your diabetes and lower your risk of heart attack and stroke. The American Heart Association considers diabetes one of the seven major controllable risk factors for cardiovascular disease (CVD).

In fact, people living with Type 2 diabetes are two times more likely to develop and die from cardiovascular disease, such as heart attacks, strokes and heart failure, than people who don't have diabetes. An estimated 71 million Americans have high blood cholesterol, and yet fewer than half get treatment.

Healthy Aging Month

September is Healthy Aging Month, an annual opportunity to raise awareness and focus national attention on the positive aspects of growing older. People are living longer and the number of older adults in the U.S. population is growing. As we age, our minds and bodies change and maintaining a healthy lifestyle may help you deal with those changes. A healthy lifestyle may also help prevent some common age-related health problems so you can enjoy the benefits of a long life.

We are closed Monday September 4th
In observance of Labor Day



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Cholesterol

What do blood cholesterol numbers mean?

Cholesterol is measured in milligrams per deciliter (mg/dL). When you go to a health care professional to get your cholesterol checked, this test (also called a lipid panel or lipid profile) will usually check the levels of cholesterol and triglycerides in your body.

Low-density lipoprotein (LDL) or “bad” cholesterol: Having high levels of LDL cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke.

High-density lipoprotein (HDL) or “good” cholesterol: HDL is known as “good” cholesterol because high levels of it can lower your risk of heart disease and stroke.

Triglycerides: A type of fat in your blood that your body uses for energy. The combination of high levels of triglycerides with low HDL or high LDL levels can increase your risk for heart attack and stroke.

Total cholesterol: The total amount of cholesterol in your blood based on your HDL, LDL, and triglycerides. High blood cholesterol doesn’t have symptoms, which is why getting your cholesterol levels checked is so important. The only way to know whether you have high cholesterol is to get your cholesterol checked by your health care team.

Optimal Cholesterol Levels	
Total Cholesterol	About 150 mg/dL
LDL (“bad”) cholesterol	About 100 mg/dL
HDL (“good”) cholesterol	At least 40 mg/dL in men and 50 mg/dL in women
Triglycerides	Less than 150 mg/dL

What causes high cholesterol?

Certain health conditions, such as type 2 diabetes and obesity, can raise your risk for high cholesterol. Lifestyle factors, such as eating a diet high in saturated and trans fats and not getting enough activity, can also raise your risk for high cholesterol. Some people who have a family history of high cholesterol can also be at risk. Some risk factors cannot be changed, such as your age or your family history. But you can take steps to lower your risk for high cholesterol by changing things you can control.

What problems does high cholesterol cause?

Having high blood cholesterol can lead to a buildup called “plaque” on the walls of your arteries (a type of blood vessel). As plaque builds up over time, the insides of your arteries narrow. This narrowing blocks blood flow to and from your heart and other organs. When blood flow to the heart is blocked, it can cause chest pain (also called angina) or a heart attack (also called myocardial infarction). High cholesterol also increases your risk for heart disease and stroke, two leading causes of death in the United States.

What can I do to prevent high cholesterol?

Strong evidence shows that eating patterns that include less dietary cholesterol are associated with reduced risk of cardiovascular disease. By living a healthy lifestyle, you can help keep your cholesterol in a healthy range and lower your risk of heart disease and stroke; get regular physical activity, quit smoking, limit alcohol, make healthy eating choices - limit foods high in saturated fat, choose foods that are low in saturated fat, trans fat, sodium (salt), and added sugars, and eat foods naturally high in fiber.

How do I treat my high cholesterol?

High cholesterol is often treated and managed by a combination of implementing healthy lifestyle behaviors and taking cholesterol-lowering medicines as prescribed by a doctor.

Healthy Aging

It is important to maintain a healthy lifestyle to help deal with changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

Eat and drink healthy: Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Get regular checkups: It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.

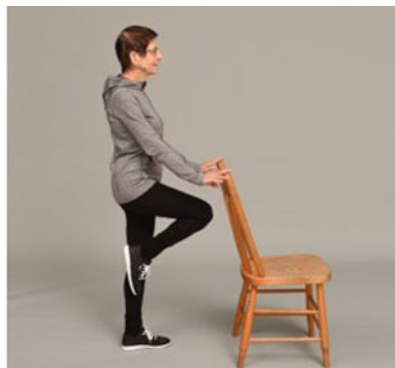
Be aware of changes in brain health: Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

Keep your mind active: Many activities can keep your mind active and improve your memory, such as learning new skills, reading, working on puzzles, and playing games. Make your mental health a priority by practicing meditation and relaxation techniques.

Participate in activities you enjoy: Doing things you enjoy may help you feel happier. Keeping up with your hobbies, trying something new, and/or engaging in activities with friends (virtually or socially distant, if needed) may help lower your risk for some health problems. Try that new art project or type of exercise you have been thinking about.

Move more, sit less: Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen. Try the balance exercise below and join us for our [**NEW ELDER FITNESS CLASS**](#) (see pg. 5 for info).

Flamingo stand: While holding onto the back of a chair for stability, stand on one leg with the other leg extended out in front of you or bent, but off the ground. Start by standing on one leg for ten seconds, and then repeat on the other leg. Continue exercising both sides equally to help build strength. It's important to maintain good posture (keep your shoulders back, your back straight and your head up).



Fitness

September Fitness Challenge

Join us for our September "Falling into Fitness" challenge. Each participant will receive a fitness tracker card with 16 exercises on it. The goal is to complete 1 exercise each time you visit the fitness center, completing at least 12 of the exercises to be entered into our monthly prize drawing. All exercises can be modified to accommodate any fitness level.

Our "Plankgust" challenge for August had 18 participants who logged their plank time throughout the month. One participant's record time is over 6 minutes! Great job to everyone who stepped up to the challenge and improved their plank times.



 **THE LET'S GET HEALTHY PROGRAM AT
THE DIABETES CENTER FOR EXCELLENCE PRESENTS:**

YOUTH FITNESS

**STARTING SEPTEMBER 19
EVERY TUESDAY AND THURSDAY
4:15-5:00P.M.**

**AGES
8-12**

**TAKING FIRST 10 YOUTH TO REGISTER BY CALLING
(518) 358-9667. DEADLINE TO REGISTER IS SEPTEMBER 15**



New Fitness Class

Starting September 6



Elder Group Fitness Classes

Wednesdays &
Fridays

9:00-9:30am



resistance
bands

chair
exercises

Located at the Diabetes Center for Excellence Fitness Room
Call (518) 358-9667 for more information

Made with PosterMyWall.com

Breakfast

Benefits of Eating Breakfast

May protect your heart: According to a recent study, those who did not eat a morning meal were more likely to be diagnosed with heart disease than those who did. Those who skip breakfast often gain weight, which can lead to diabetes, high cholesterol, and blood pressure, and these can increase your risk of heart disease. The exact explanation is unknown, but breakfast skippers are thought to overeat at other meals and snack excessively throughout the day.

Might lower your risk of type II diabetes: An early breakfast may help you avoid blood glucose fluctuations, which can contribute to diabetes. Studies show that people younger than 65 years who skipped breakfast even a few times each week were 28% more likely to acquire diabetes than those who ate it regularly.

Provides energy: People who ate breakfast were more physically active in the morning than those who did not. This could be because eating in the morning helps to start the day with more energy.

Good for memory: Breakfast may improve memory, concentration, the speed with which information is processed, reasoning, creativity, learning, in both adults and children according to research.

Keeps your weight down: According to research, overweight adults who were dieting and ate more calories for breakfast than dinner lost more weight than those who ate larger evening meals.

May help fight headaches and migraine: Breakfast deprivation might result in headaches and migraines due to low blood sugar levels (hypoglycemia).

Improved mood: A healthy breakfast can improve mood. According to research, after a good night's sleep, eating in the morning will replenish your brain's glucose stores. When they aren't distracted by hunger sensations, most people are likely to be happier and less grumpy.

Healthy options - protein shakes or smoothies

Smoothies are a great breakfast option. Blend water, dairy or non-dairy milk with fresh or frozen fruit, kale or spinach, and seeds for a tasty start to the day. Adding protein powder can promote fullness and reduce hunger while providing a tasty and nutritionally balanced breakfast.

It's easy to whip up a protein shake or smoothie in a few minutes and take it on the go. Plus, this simple breakfast makes a great post-workout option. If you work out early in the morning, this may be a better option after exercise than a heavy breakfast.

Which foods should I avoid for breakfast?

Foods to steer clear of include those that are high in calories but low in nutrients and fiber. These include cereals, pastries, and white toast that are made from white flour and have added sugar. They are high in calories and unlikely to leave you feeling full for long. Other highly processed foods, such as sausages and bacon, are high in fat and can be hard to digest. Commercially prepared juices often have added sugar. Instead, make your own juice or eat whole fruit.

Other helpful tips:

- Breakfast doesn't have to mean traditional foods. If you don't want eggs or cereal, there's nothing wrong with having leftovers from last night's dinner or a tuna sandwich on whole grain with celery.
- Stocking your kitchen with healthy choices can help make breakfast time a success.
- Trying new recipes to increase your interest in breakfast
- Prep the night before - Morning is a busy time for everyone. Take 10 minutes to think ahead and prep for breakfast the night before. Chop up fruit to layer in a yogurt parfait or add to oatmeal. Chop vegetables for an omelet.

Recipes

What is a healthy breakfast?

A healthy breakfast is a meal that is eaten within one hour of waking up, is balanced and should include: Whole grains, lean protein, heart healthy fat, fruit, vegetable, and dairy or dairy alternative. Some foods are combination foods meaning they may contribute protein and dairy or protein and a healthy fat in the same food. Here are some breakfast ideas to mix and match:

Whole Grain	Lean Protein	Healthy Fat	Fruit	Vegetable	Dairy or Alternative
Oats	Greek yogurt (plain)	Peanut butter	Apple	Bell peppers	1% or skim milk
Cream of Wheat	Whole eggs	Almond butter	Banana	Kale	Almond, oat, or soy milk
Whole grain toast	Egg Whites	Avocado	Orange	Onions	Kefir
English muffin	Tofu	Sunflower seeds	Blueberries	Mushrooms	Low-fat cheese
Mini bagel	Quinoa	Pumpkin seeds	Mango	Spinach	Low-fat cottage
Whole wheat tortilla	Black beans	Chia seeds	Strawberries	Tomatoes	Greek yogurt (plain)

Egg & Veggie Bites

Ingredients:

- 6 large whole eggs
- 2 TBSP low fat milk or unsweetened almond milk
- Fresh chopped vegetables - peppers, onions, spinach, mushrooms
- 1/2 cup reduced fat shredded cheddar cheese

Directions:

- Preheat oven to 350 degrees. Spray a non stick muffin pan with cooking spray (or use silicone baking cups).
- Add about 1/4 cup veggies and a sprinkle of cheese in each tin. Whisk together eggs and milk and pour into each tin over veggies. Place muffin tin on the center rack in the oven. Bake until set and starting to get golden brown 20-25 minutes. Let cool.

TRY THIS: Vary your veggies based on what you like or what is in season:

- Broccoli and cheddar
- Spinach and reduced fat feta cheese
- Mushrooms and low sodium swiss cheese
- Bell peppers and provolone cheese



Nutrition Facts

Calories: 50
Total Fat: 2 g
Carbs: 3 g
Protein: 4 g

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.

Remember to bring clean, dry shoes and a refillable water bottle

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

Classes: All fitness levels welcome

LUNCH CRUNCH: Monday - Thursday, 12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and you will leave feeling energized and refreshed.

SCULPT & BURN: Monday & Wednesday, 4:15 - 5:00 pm

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.

NEW* ELDER FITNESS: Wednesday & Friday, 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living.

YOUTH FITNESS: Tuesday & Thursday, 4:15 - 5:00 pm (Beginning September 19th)

The goal is to teach healthy lifestyles and provide a positive learning experience. Class will improve cardiorespiratory fitness and build strong bones and muscles.

September is Apple Season!

- Apples are high in fiber and high in water content making them a satisfying snack
- Apples contain soluble fiber, the type of fiber that can lower bad cholesterol
- Apples are high in antioxidants, especially the skin, so wash them well and leave the skin on the apples
- Apples contain prebiotics, which are good for a healthy digestive tract
- One medium apple has approx. 80 calories and 20 grams of carbs
- New York is known for its apple crop. So pick local, buy local and stock up for the winter



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