

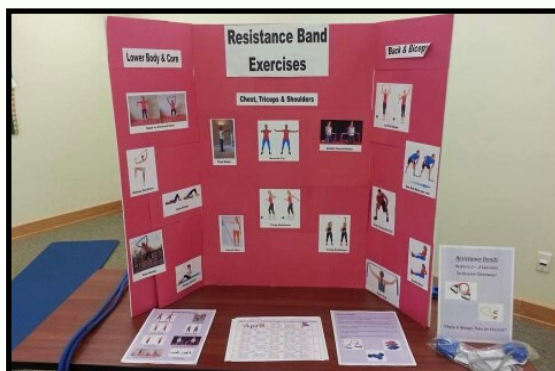
Onerahtókha/April 2017

**Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
518-358-9667**

American Diabetes Association Alert Day

Held March 28, 2017, Alert Day is a day to sound the alarm about the prevalence of type 2 diabetes by asking America to take the Type 2 Diabetes Risk Test. The free, anonymous risk test is available online or via a one-sided handout, and only takes a minute to complete. With questions such as "Do you have a family history of diabetes" and "Are you physically active", participants can learn if they're at risk and have the chance to do something about it! Knowing your risk is the first step toward a healthier life!

To take the Type 2 Diabetes Risk Test online, please use the following web address:
<http://diabetes.org/RiskTest>.



The Let's Get Healthy Program celebrated Alert Day by offering screenings, fitness demonstrations, the diabetes risk assessment, a taste test and "open" public fitness class. Nia:wen to all who attended!

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April is Stress Awareness Month

Stress Less with Mindful Movement

You may notice you feel better after you exercise. Most people experience increased energy and an improvement in overall well-being as physical activity becomes routine. Studies have shown that regular physical activity can help relieve depression and may even lower your risk of developing it.

If you are not the active type, are older or have physical limitations, you can still add healthy movement to your life.

For example, the National Institutes of Health (NIH) describes yoga, tai chi and qi gong as centuries-old, mind-body practices. They involve specific postures and movements combined with mental focus, breathing techniques, and meditation or relaxation. Even walking can be done mindfully as a form of meditation.

Some research studies have suggested that practicing these mindful movement activities can help to:

- manage stress, depression and insomnia
- lower blood pressure
- improve balance and stability
- relieve chronic pain
- improve quality of life and mood in people with heart disease, cancer and other chronic illnesses
- motivate you to exercise more and eat healthier

A recent study concluded that yoga may improve heart health, including body mass index (BMI), blood pressure, cholesterol and heart rate.

It's clear that yoga is becoming more popular. In the last 10 years the number of Americans practicing yoga has nearly doubled. It's now practiced by more than 21 million adults and more than 1.5 million children.

Yoga and other mindful practices can be gentle and may be done by just about anyone, anywhere, with no special equipment needed.

Whatever way you choose to get active, your heart will benefit. And you may find yourself feeling happier and more relaxed, too.



HOW STRESS AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

**Group Guided Relaxation
Diaphragmatic Breathing
Mini Meditations
Relaxation Response
With Heather Pontius, RD**

**Fridays 9:50am-10:15am
Diabetes Center for Excellence
Relaxation Room**



**These services are also available by
Appointment
Call 518.358.9667**



Fitness



Walk your way to Health

Can't Run? Have an injury? Haven't exercised in a while? That's OK, walking is the perfect option for you. Every step you take is your personal journey to a healthier lifestyle. Walking has many benefits, it lowers our risk of high blood pressure, high cholesterol and diabetes. Walking can also prevent weight gain, increase energy levels, and boost bone strength.

The American Heart Association recommends that adults get 150 minutes of moderate activity or 75 minutes of vigorous activity a week. If you really want to see results, and changes in blood pressure or cholesterol, aim for 40 minute sessions of exercise 3-4 times a week. Walking is a great way to get that activity, try 2 miles a day, if that is too much, you may want to walk in 10 minute increments through the course of the day until you reach that goal.

All you need is a pair of comfortable and supportive shoes, loose layered clothing and you are all set to go! Remember to start slow, walk at a pace that is comfortable for you, and gradually increase your time and speed each week. Article provided by: Steevi King, Health Promotion Specialist

Commit to being more active on a regular basis!

If you're trying to get active, the first step is walking. See how a 30-minute walk can go a long way towards a heart-healthy lifestyle. Proper stretching is an important part of any physical activity. Follow these tips to help prevent injury and get the most out of your walk. You can start with these basic stretches but be sure to only stretch as far as is comfortable for your body.

Abductor (inner thigh) stretch:

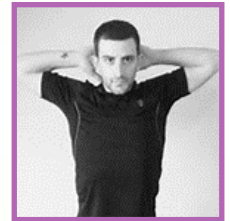
Keeping your torso upright, lunge to one side with a bent knee over the toe. Keep your other leg straight. Push your weight to the "bent knee" side until you feel a stretch in the inner thigh of your straight leg. Hold 20-30 seconds on each leg.



Calf Stretch: Stand facing a wall with both hands on it. Position one foot forward (knee bent) and the other leg back straight, toes pointing at the wall. With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg. Hold 20-30 seconds each leg.



Chest Stretch: Place your fingertips lightly on the back of your head. Push your elbows back while squeezing with your upper back until you feel a stretch in your chest near your underarms. Hold for 20-30 seconds.



Hamstring Stretch: Prop one foot up on a low, secure bench or stair step. Stand tall. Keeping your chest high, hips square and tailbone lifted, bend forward from your hips. Feel a stretch in the back of your thigh or knee. Hold 20-30 seconds on each leg.



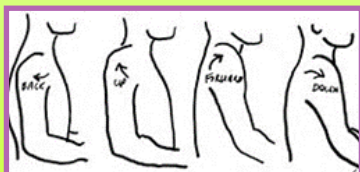
Hip Flexor Stretch: Lunge forward with one leg, knee bent. The back leg can stay straight or bent slightly. Push your hips forward until you feel a stretch in front of your back thigh near the groin. Keep your torso upright and your front knee behind your toes. Hold 20-30 seconds on each leg.



Palm touch: Bend your knees slightly. Try to touch the floor by bending from the waist, but don't bounce. Hold the position for 10 seconds, then repeat 1-2 times. If you have lower back problems, do the same, but with your legs crossed.



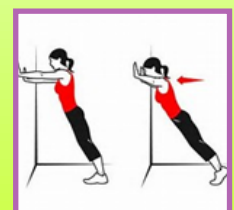
Shoulder Rolls: Lift your shoulders up toward your ears, then down and backwards in a circular motion. Repeat 5-10 times. Perform with both shoulders simultaneously or alternate right and left.



Toe Touch: Place your right foot slightly in front of your left. Keep your left leg straight and lean forward, reaching your fingers to the toes of your right leg. Don't bounce. Switch legs and do the same thing. Repeat the entire exercise 1-2 times.



Wall Push: Stand 18 inches away from a wall. Lean forward, pushing against the wall with your hands and keeping your heels flat on the ground. Hold it for 10 seconds, then relax. Repeat 1-2 times.





Think Sp

Spring Stir Fried Chicken with Sugar Snap Peas and Carrots

Ingredients:

Sauce

- 1 Tbsp. low sodium soy sauce
- 1 Tbsp. fresh lime juice
- 2 Tbsp. water
- 1 tsp. corn starch

Nutrition:

Servings: 4 (just under 1 cup)
Calories: 179
Fat: 5.6g
Carb: 7g
Fiber: 2g



For stir fry

- 1 lb. skinless, boneless chicken breast, sliced thin
- 1 Tbsp. canola oil
- 2 tsp. fresh garlic, minced
- 1 tsp. fresh ginger, grated
- 1 cup sugar snap peas
- 1 cup carrots, sliced diagonally
- Scallions for garnish

Directions:

- Combine soy sauce, lime juice, water and corn starch in a small bowl, mix together and set aside
- Heat a large wok over high heat. When the wok is very hot, add half of the oil, then add the chicken. Stir fry, stirring occasionally until the chicken is cooked through and browned, about 3-4 minutes. With a slotted spoon, remove the chicken and set aside, reduce the heat to medium
- Add the remaining oil to the wok; add the garlic and ginger, stir for 20 seconds. Add the sugar snap peas and carrots, stirring over medium heat until tender/crisp, about 3-4 minutes
- Return the chicken to the wok, add the soy sauce - lime mixture, mix well and cook another 30 seconds to one minute. Serve immediately and top with fresh scallions.

Raspberry Walnut Salad with Vanilla Vinaigrette

Ingredients:

Dressing

- 2 Tbsp. white wine vinegar
- 2 tsp. Dijon mustard
- 1 garlic clove, minced
- 1/2 tsp. vanilla extract
- 1/4 tsp. sea salt
- 1/4 tsp. ground black pepper
- 3 1/2 Tbsp. olive oil

Salad

- 4 cups mixed salad greens
- 1/3 cup fresh red raspberries, gently washed and patted dry
- 1/2 small red onion, thinly sliced
- 1 small red bell pepper, thinly sliced
- 1/4 cup toasted walnuts
- 1 Tbsp. crumbled blue cheese

Nutrition:

Calories: 120
Total Carbohydrate: 6g
Total fat: 10g



Directions:

- In a small bowl, whisk together the vinegar, mustard, and garlic. Mix in the vanilla extract, salt and black pepper to the mixture. Slowly pour in the olive oil, whisking constantly until emulsified.
- Add the dressing to a shallow bowl. Add the greens to the bowl and toss. Scatter the raspberries, red onion, red pepper, walnuts and blue cheese on top of the greens, toss gently and serve immediately.



Spring Recipes

Roasted Asparagus with Lime Sauce

Ingredients:

- Parchment paper
- 2 lb. medium sized asparagus spears
- 1 Tbsp. olive oil, divided
- 1/2 tsp. sea salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. cayenne pepper
- 1 medium lime
- 2 garlic cloves, minced
- 2 tsp. low sodium soy sauce
- 2 tsp. Hoisin Sauce (found in the Asian food section of the supermarket)

Nutrition:

Servings: 8 (about 6 spears)

Calories: 35

Total Fat: 2g

Total carbohydrate: 4g



Directions:

- Preheat oven to 450F. Line a baking sheet with parchment paper.
- Snap the hard ends off the asparagus. Peel any woody stems. Arrange asparagus in a single layer on the baking sheet. Drizzle with half the olive oil. Sprinkle with salt, black pepper and cayenne pepper. Roast the asparagus for 10-15 minutes, until tender.
- Cut the lime in half. Squeeze the juice from one half into a small dish. Cut the remaining lime into wedges for garnish and set aside.
- For the sauce, heat the remaining oil in a small skillet or saucepan over medium heat. Add the garlic and saute for 1 minute. Add the lime juice, hoisin sauce and soy sauce and cook for 1 minute.
- Place roasted asparagus on a flat platter. Drizzle with the lime sauce and top with lime wedges.



Sparkling Mint-Lime Coolers

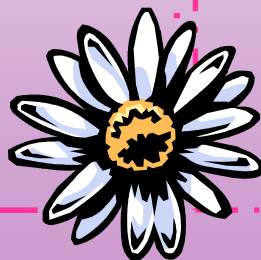
Ingredients:

- 1 1/4 cups of water
- 2 Tbsp. no-calorie sweetener
- 1/3 cup minced fresh mint
- 1 Tbsp. grated fresh lime zest
- 1/2 cup fresh lime juice
- 2 quarts sparkling water, chilled
- Ice
- Fresh mint sprigs



Directions;

- In a small saucepan, combine the water and sweetener. Bring to a boil over medium-high heat. Cook for about 1 minute, stirring frequently.
- Remove pan from heat; stir in the mint and lime zest. Let stand for 20 minutes. Strain the mint syrup mixture through a fine mesh sieve over a bowl and discard the solids.
- Add the mint syrup to a large pitcher or punch bowl. Add the lime juice and sparkling water and stir. Serve in a cocktail glass with ice and sprigs of mint.



DIY Baked Kale Chips

Ingredients:

- 1 bunch of curly leaf kale, fresh
- 1 Tablespoon olive oil
- Salt free spices as desired (chili powder, garlic, onion, Mrs Dash)



Other Items:

Parchment paper, kitchen scissors, salad spinner

Directions:

- Preheat oven to 350 degrees.
- Using kitchen scissors remove the leaves from the thick stems.
- Tear leaves into small "chip size" pieces.
- Wash and dry kale using a salad spinner. Place in a bowl, massage 1 TBSP olive oil and spices into chips.
Only use extra oil if needed, too much will cause soggy chips.
- Line 2 baking sheets with parchment paper. Add kale to sheets in a single layer. Bake for 10 minutes, rotate baking sheets and continue to cook another 5 minutes or until dry and crispy.

Nursing Notes

Eye Care

There are steps you can take to avoid eye problems.

First and most important, keep your blood sugar levels under tight control. In the Diabetes Control and Complications trial, people on standard diabetes treatment got retinopathy four times as often as people who kept their blood sugar levels close to normal. In people who already had retinopathy, the condition progressed in the tight-control group only half as often.

These impressive results show that you have a lot of control over what happens to your eyes. Also, high blood sugar levels may make your vision temporarily blurry.

Second bring high blood pressure under control. High blood pressure can make eye problems worse.

Third, quit smoking.

Fourth, we generally recommend that you see your eye care professional at least once a year for a dilated exam. Having your regular doctor look at your eyes is not enough. Nor is having your eyeglass prescription tested by an optician. Only optometrists and ophthalmologists can detect the signs of retinopathy. Only ophthalmologists can treat retinopathy.

Fifth, see your eye care professional if:

- Your vision becomes blurry
- You have trouble reading signs or books
- You see double
- One or both eyes hurt
- Your eyes get red and stay that way
- You feel pressure in your eye
- You see spots or floaters
- Straight lines do not look straight
- You can't see things at the side as you used to



* American Diabetes Association

Seven Tips for National Foot Health Awareness Month

- 1: Inspect your feet daily to check for injuries, dry or peeling skin, and/or cracks.
- 2: Dry your feet after showering, especially between toes to avoid fungal infections.
- 3: Don't leave nail polish on 24/7, this can lead to brittle nails or fungus.
- 4: Stretch your feet, ankles and lower legs before exercising to avoid injury.
- 5: Get an annual foot inspection.
- 6: Maintain a healthy weight...excess weight can lead to foot/heel pain, circulatory problems and arthritis
- 7: Don't walk barefoot in public areas where you can suffer cuts, contract athlete's foot or plantar warts.

Annual diabetic foot exams and routine foot care are offered at The Diabetes Center.

April Activity Challenge

During the month of April, the American Heart Association is encouraging Americans to move more and commit to being physically active. Physical inactivity is a huge national problem. About 70 percent of American adults are overweight, and more than 80 percent don't get enough physical activity.

The American Heart Association recommends at least 150 minutes of physical activity per week for adults and 60 minutes per day for children and adolescents. Most of us don't meet that standard. And it means we're at greater risk for diabetes, heart disease, stroke and other chronic diseases. But we're not going to take it sitting down.

Join us at the Diabetes Center for our April Activity Challenge!

WHAT: April Activity Challenge!

WHEN: April 3 - 28, 2017

ELIGIBILITY: Must come to classes at LGHP to participate, even if you're just walking, minutes count!

- Move for Health
- Public Fitness
- After Hours Fitness
- Body Works
- Club Circuit

Only minutes logged while attending a class at LGHP will count

HOW TO GET STARTED:

Fill out a registration form at The Let's Get Healthy Program

Fill out a daily activity log at the end of your workout and leave in the drop box

PRIZES: There will be randomly drawn prizes for registered participants throughout the month

GRAND PRIZE: Will be awarded to the person with the most minutes logged during the month



No More Excuses

Schedule it. Having trouble making time for physical activity? Set an alarm on your phone or schedule it on your calendar – and treat it like any other important appointment.

Burn those calories. Being more physically active can help you lose weight faster and keep it off for good. The key is using up more calories than you eat each day.

Wear what you've got. You don't need special clothing to get out and walk. A comfortable, supportive pair of shoes will get you ready to go.

Work out at work. Add some healthy activity to your work day. Take 10-minute walking breaks, walk at Generations Park before work, do some yoga or stretching during downtime, or come to LGHP for public fitness class during lunch hour.

News & Events

Cooking Demonstration

*Cooking with Cauliflower:
Some lower carb options*

April 13
11:30-1:00pm
Theatre Kitchen
Diabetes Center for Excellence
RSVP by April 12
Space for 8 participants
358-9667

Featured Recipes:
Cauliflower Pizza Crust
Spicy Cauliflower Bites

Our cooking demos are a hands on learning experience. You learn how to read the recipe, how to make it and you get to try each of the featured recipes that day!



April is Stress Awareness Month

Guided Relaxation Sessions
Fridays at 9:50am



Breathing Techniques
Guided Muscle Relaxation
Visualization

SOME BENEFITS OF WALKING JUST 30 MINUTES A DAY:

- Reduction in stress level
- Improves blood circulation
- Reduces cholesterol
- Strengthen muscles
- Strengthens bones
- Lowers blood pressure
- Lowers triglyceride levels
- Weight management
- Diabetes Prevention
- Improves cardiovascular function
- Reduced inflammation from arthritis

WALKING FACTS:

A 180 pound person burns approximately 100 calories per mile walked.

If you track your steps each mile walked is approximately 2,000 steps.

The average walking speed is 3 miles per hour.

It takes 7 hours of walking to burn the calories of a Big Mac, large fries and a large soda.



Health Services
including our office, will be closed
for a Staff Training on
April 6, 2017.



Reminder!

Day Light Savings Time occurred on Sunday, March 12, 2017
Remember to change the time on your glucometer. If you need assistance stop by The Diabetes Center and our staff will help change the time.

Exercise Classes:

Move For Health

Nurse supervised exercise classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am, 9-10am, 10-11am,
11-12pm & 3-4 pm

Community Classes: No registration required

Body Works

Monday & Wednesday
4:30-5:15pm

After Hours Fitness

Monday & Wednesday
5:30-6:15pm

Public Fitness

Tuesday & Thursday
12-1pm

Water Aerobics

Thursday
***4:30 - 5:30 pm**
***New Time**

Club Circuit

Friday
9:00-9:45am

Supervised Swim

Monday & Wednesday:
4:15-5:15pm
Friday:
8:00-9:00am

All exercises classes offered by the Let's Get Healthy Program are free to ages 18



**Helping Build A Better
Tomorrow**