Our office will be closed on December 25, 2017 and January 1, 2018.

Please plan ahead for the holiday season and pick up your supplies early!

**Healthy Habits for Families**
Tuesday, December 5th
3:30-5:00pm
At the Diabetes Center for Excellence Classroom

**Guided Meditation**
Fridays
9:50-10:15am
Relaxation Lounge
No RSVP required

Don’t let the weather stop you from exercising!

*Skating*
*Walking*
*Snowshoeing*
*Skiing*

Tewatahita Walking Trail is maintained all year for safe outdoor activity.

**Chili Cook Off Cooking Demo**
Thursday, December 28th
11:30-1:00pm
Learn 2 different heart healthy chili recipes
Lunch will be served
RSVP required by 12/26
358-9667

**Exercise Classes: Move For Health**
Nurse supervised exercise classes
Must be enrolled in LGHP
Monday-Thurs:
8:00-9:00am, 9:00-10:00am, 10:00-11:00am, 11:00-12:00pm, 12:00-1:00pm
Community Classes:
No registration required

**Boots Camp**
Monday & Wednesday
4:30-5:15pm

**After Hours Fitness**
Monday & Wednesday
5:30-6:30pm

**Water Aerobics**
Monday 4:45-5:45pm
Thursday
4:30-5:15pm

**Public Fitness**
Monday-Friday
5:00-8:00pm
Tuesday & Thursday
12:00-1:00pm
Saturday
7:00-9:00am

**Yoga for Everybody**
Monday, Wednesday & Friday
12:10-12:50pm

**Supervised Swim**
Wednesday
4:15-5:15pm
Friday
8:00-9:00am

**Club Circuit**
Friday
9:00-9:45am
All exercises classes offered by the Let’s Get Healthy Program are free to ages 18 and older.
Please wear comfortable clothes, bring clean/dry sneakers and a water bottle.

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Helping Build A Better Tomorrow

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Tsitewatakari:itat/The Let’s Get Healthy Program
Diabetes Center for Excellence
66 Business Park Road
Akwesasne
518-358-9667
10 Helpful Holiday Tips - If You Have Diabetes

Some people with diabetes wonder, “what’s the big deal if my blood sugar levels go up a little or if I gain a few pounds over the holidays?” If you’re in good overall health and doing well with your diabetes control, a day or two of indulging during the holidays shouldn’t be a problem. How long that overindulgence goes on, and how many times, though, are important factors. The holidays can easily extend well past New Year’s. If you slip into bad eating habits, you can do long-term damage, raise your blood sugars and gain weight. You can keep your weight and blood sugar levels under control during the holidays using these tips:

1. Maintain your schedule
   If you overeat, trying to catch up by skipping a meal afterward may cause you to overeat when you have your next meal or if a snack is available. Even on your holiday and days away from work, try to get up, eat, exercise and take your diabetes medications about the same time as you usually do.

2. Check your blood sugar frequently
   If you are taking insulin or medications that lower your blood sugar, check your blood sugar more frequently during the holidays, especially before driving a car or adjusting your insulin doses. Make allowances for the changes in your work and exercise schedules as well as your eating opportunities.

3. Budget your sweets and treats
   To keep your blood sugars from skyrocketing, include sweets and treats as part of your carbohydrate budget — not in addition to it. Choose the meat and side vegetables and salad at dinner.

4. Watch your alcohol intake
   Moderate alcohol intake can have a blood sugar-lowering effect, so don’t drink on an empty stomach. Recommendations for alcohol for those with diabetes are no more than one drink per day for women and no more than two per day for men. (One drink equals 4 ounces of wine, 12 ounces of beer, 1 ounce of distilled spirits.

5. Download mobile tools
   You can download mobile apps to your phone, including apps that help you count carbohydrates of certain dishes, and let you know how much insulin you need to take (if you use it before meals).

6. Order smart in restaurants
   You’d be pleasantly surprised how many restaurants offer healthy options not mentioned on the menu. Ask for options with less saturated fat, fried food and sugars. You can also substitute sides. Ask for a baked potato (skin on) or fresh, steamed or stir-fried veggies instead of mashed potatoes.

7. Cook light, healthy dishes to take with you to parties
   If you’re going to a holiday dinner, ask if you can bring a dish — one lower in calories and fat than the other dishes. Place your appetizers on your napkin instead of a plate and you’ll be less likely to overfill it. Another tip: don’t stand near the buffet table or food when talking at a party. It’s also important to stay hydrated. Drink water with a lime or lemon twist. Keep a calorie-free drink in your hand to keep your hands busy.

8. Be ‘party smart’
   At the party, enjoy some of the vegetable-based appetizers first, then the meat or cheese appetizers. Place your appetizers on your napkin instead of a plate and you’ll be less likely to overfill it. Another tip: don’t stand near the buffet table or food when talking at a party. It’s also important to stay hydrated. Drink water with a lime or lemon twist. Keep a calorie-free drink in your hand to keep your hands busy.

9. Stay active
   If you can’t stick to your usual exercise program during this busy time, do some fun activity with family or friends. If 40 minutes a day at one time isn’t possible, break your exercise up into 10- to 15-minute segments, two or three times a day.

10. Remember the reason for the season
    Put the focus on family and friends and not on food. Enjoy what you do eat. Savor each bite! Most important, remember to include time for exercise, meals and relaxation. The holidays will only be great if you’re in good health to enjoy them.
What is prediabetes?

One in three American adults has prediabetes, but only 10 percent know they have it. Prediabetes means a person's blood glucose (sugar) level is higher than normal, but not high enough yet to be diagnosed with diabetes. People with prediabetes are on the road to develop type 2 diabetes and are also at increased risk for serious health problems, such as stroke and heart disease. There are some prediabetes risks you can't control, like age and family history. But there are things you can do to reduce your risk, such as increased physical activity and weight loss. Making these lifestyle changes can also help prevent or delay the onset of type 2 diabetes.

There are not usually symptoms when you have prediabetes. Talk to your doctor to know for sure. A simple blood test can confirm if you have prediabetes.

How close is prediabetes to type 2 diabetes?

Without making lifestyle changes, many people with prediabetes can develop type 2 diabetes within 5 years. If you don't make lifestyle changes, it puts you at greater risk. Studies show that losing just 5-7 percent of your body weight, by eating healthier and doing regular exercise can help prevent or delay the onset of type 2 diabetes. For a person who weighs 200 pounds, that's about 10-15 pounds. Evidence shows that a Diabetes Prevention Program is the most effective way to reverse prediabetes.

The Diabetes Center for Excellence offers diabetes prevention education, nutrition counseling, and many physical activity classes. Our team can help you learn to eat less of the foods that are bad for you, and more of the foods that are good for you. Keep in mind that increasing your physical activity helps. There are many ways to increase your physical activity, including walking, taking dance classes, going to a gym, swimming, playing tag with your kids, and many other real-life ways to get up and get moving.

How long do I have to make these changes?

It's important to act now, because the sooner you start making changes, the better chance you have of preventing type 2 diabetes. Studies show that without weight loss and moderate physical activity, many people who have prediabetes can develop type 2 diabetes within 5 years. You can start slowly and ease these changes into your life until they feel normal. Changes need to be permanent to avoid having diabetes or being at high risk for type 2 diabetes again in the future. That's why it's important to make changes that fit into your real-life — there is not a "one size fits all" program. The Let's Get Healthy Program can help you along the way. Find out what works for you!

Who is at Risk?

If one or more of these applies to you, you're at risk for prediabetes and type 2 diabetes:

- Have a family history of diabetes
- Are overweight
- Are over age 40 — the risk for diabetes increases as you get older
- Have a history of gestational diabetes - diabetes or high blood sugar when pregnant
- Have high blood pressure


Don’t forget about your beverages.

- A small hot chocolate from Tim Hortons has 9.5 teaspoons of sugar (38 grams carbohydrate)
- A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)

Fitness

Functional Exercises for Active Aging

The process of aging varies widely from person to person, but we all naturally lose some sort of functionality. One of the areas that decline is our muscle size and strength, which decreases even more with physical inactivity. Resistance training is a great benefit to bone related disorders such as osteoarthritis and osteoporosis.

An excellent approach to a resistance training program is to begin with functional training. Exercises that are functional means any movement performed with the intention of enhancing the way we move whether it’s in sports, fitness, occupation or activities for daily living. Below are some exercise that can be performed at home, all you need is a chair and some resistance bands, if you do not have resistance equipment, you may use two similar weighted objects. Complete 2-3 sets of 10-12 reps for each exercise.

Staying Active during the Holidays

*Staying active in some way will give you energy, reduce stress and tension and, of course, help mitigate some of the extra calories you may be eating.*

How Do You Find That Balance?

Plan Ahead: Take some time to figure out what your options are so you’re ready for anything.

Get Prepared: Bring a workout plan with you. Wear running or walking shoes, just in case you have a 20 minute window to use.

Use Every Opportunity: If you find there’s just no way to get in a workout, get creative and find ways to move your body any way you can:

- Walk as much as possible.
- Offer to help with the housework, shoveling snow or raking leaves.
- If everybody’s sitting around watching football, get on the floor for some sit-ups or pushups. If that's too weird, try isometric exercises -- squeeze and hold the abs, the glutes or even press the hands together to engage the chest.
- If you don’t have equipment, pick up some full water bottles or soup cans for quick lateral raises or overhead presses.

**Remember, some movement is always better than no movement**
Stay Warm through the Holidays

8 Tricks for the Best Healthy Chili

Chili is the ultimate cold-weather comfort food.Healthy chili is an easy one-pot meal made with ingredients you already have on hand, and can easily be stretched to feed a crowd on football Sundays or after a long day of shoveling snow. Use these simple tricks to make chili healthy but still hearty and satisfying.

Chili Trick #1: Season Boldly

Using generous amounts of spice in your chili is a great way to add flavor without any added fat or calories. Classic chili spices include chili and cumin (and cayenne for those who like it really hot). Have fun experimenting with different seasonings; cinnamon and allspice can add wonderful depth of flavor.

Chili Trick #2: Choose Lean Protein

To make a classic beef chili that's still healthy, choose beef that is at least 90% lean, which fits into the USDA guidelines for lean meats. Or opt for lean and flavorful ground turkey meat instead.

Chili Trick #3: Use More Beans

Use beans! Beans add fiber and stretch your dish healthfully and inexpensively. Plus, a bean-based vegetarian chili has considerably fewer and less saturated fat than chili made with meat.

Chili Trick #4: Add Whole Grains

Make chili into a one-pot meal by adding whole grains like wheat berries or quinoa. The wheat berries add fiber which keeps you fuller, longer. Wheat berries are also a great source of B vitamins, iron, magnesium and zinc.

Chili Trick #5: Sneak in Extra Veggies

Beyond the traditional tomato base, it’s so easy to sneak extra vitamins into your chili through vegetables: shredded sweet potatoes, zucchini, peppers and carrots add nutritional value without over-powering the other flavors.

Chili Trick #6: Watch Out for Added Sodium

Be wary when shopping, though: choose no-salt added canned tomatoes and reduced-sodium broths to control salt levels in your chili. And be sure to rinse canned beans before using to significantly reduce sodium levels.

Chili Trick #7: Brighten Flavors with Acidic Ingredients

Adding a splash of lime juice or cider vinegar to your chili at the end of cooking helps to brighten the dish and add another layer of complexity to the flavor.

Chili Trick #8: Use Fresh Toppings

Add extra flavor to your chili with fun and fresh flavors like chopped cilantro, diced red onion and shredded low-fat cheddar cheese, which create a great presentation and round out the meal.

Zesty Wheat Berry & Black Bean Chili

Ingredients:
2 TBSP extra-virgin olive oil 1 large yellow onion, chopped 1 large yellow bell pepper, chopped 3 cloves garlic, minced 2 tsp chili powder 1½ tsp ground cumin 1 tsp dried oregano ½ tsp freshly ground pepper 1 avocado, diced ½ cup chopped fresh cilantro
2 15-ounce cans black beans, rinsed 2 14-ounce cans no-salt added diced tomatoes, undrained 1 or 2 canned chipotle peppers in adobo sauce, minced 2 cups low sodium vegetable broth 2 tsp light brown sugar 2 cups cooked Wheat Berries Juice of 1 lime

Directions:
Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.
Stir in cooked wheat berries and heat through, about 5 minutes more. Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro.

Tips: Canned chipotle peppers (smoked jalapenos) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets.

*Wheat berries can be found in natural-foods markets or in bulk food stores.