

* News *

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



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

Healthy Habits for Families

Tuesday
December 5th
4:30-5pm

At the
Diabetes Center for
Excellence Classroom

Topic:

What is the portion plate?

This is a once a month informal session for parents/guardians or families to learn about food, nutrition, and healthy eating

Guided Meditation Fridays

9:50-10:15am

Relaxation Lounge
No RSVP required



Diaphragmatic Breathing
Progressive Muscle Relaxation
Visualization
Guided Relaxation Sessions are also available by scheduling group or individual appointments

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



Don't let the weather
stop you from
exercising!

*Skating
*Walking
*Snowshoeing
*Skiing

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



**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

Boot 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
5am-8am
Tuesday & Thursday
12-1pm
Saturday
7am-1pm

Yoga for everybody
Monday, Wednesday & Friday
12:10pm-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

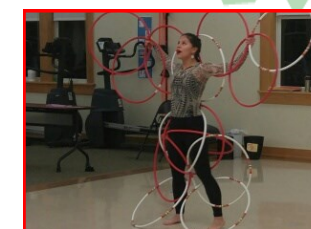
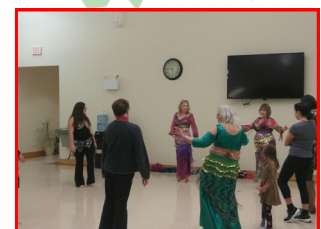
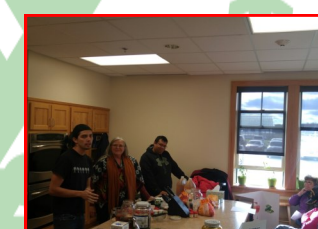
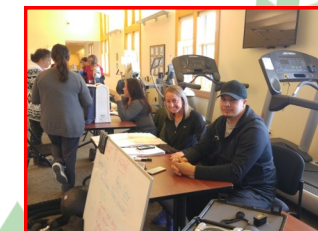
Helping Build A Better Tomorrow



Tsiothóhrha/December 2017

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

Holistic Health and Diabetes Care Event 2017



INSIDE THIS ISSUE:

Nutrition Page	2
Fitness Page	3
Stay Warm Through the Holidays	4-5
Nurse Care	6
Program Information	7
News	8

Nutrition

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 — such as a vegetable tray or vegetable-based appetizer. There are many delicious, diabetes-friendly recipes, like a fresh salsa that you can bring to holiday parties.

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.

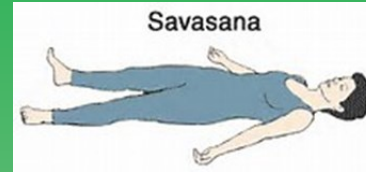
9. Stay active

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.

Program Information



Difficulty: Beginner
Muscles Involved: Entire Body

aka: “Relaxation Pose”

This seemingly easy pose is often one of the most difficult poses in any yoga class because it requires complete stillness and total relaxation. While it looks like most people are simply just lying there, how many of those people can claim to be still in body *and* brain or totally relaxed.

Health Benefits of Savasana:
Relaxes the Body
Helps to Calm the Brain
Decreases Fatigue & Exhaustion
Lowers Blood Pressure
Helps Relieve Stress and Mild Depression
Alleviates Headaches & Insomnia

Cooking Demonstrations With Heather Pontius, Registered Dietitian

November’s cooking demonstration taught us some new meal prep ideas that are healthy, easy and will save time!



**One pan
healthy
chicken
and
veggies.**



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



New Community Classes with Mary Terrance, for a limited time only!



PUBLIC FITNESS

Mondays-Fridays 5-8 am and Saturdays 7am-1pm

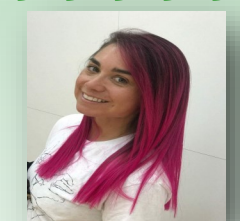
Class is designed for a walk-in format. A Workout of the Day is posted and Health Promotion Staff are available on site to modify the program, provide general fitness education, and motivation as needed. Feel free to follow the workout, ask questions or work at your own pace.

**Please use the side parking lot and Fitness Room Entrance during these times.*



Yoga for EveryBODY
Mondays, Wednesdays, & Fridays
12:10-12:50pm

Simple and effective stretching paired with stress management practices like mindful movement, deep relaxation and meditation to promote balance and harmony in body, mind and spirit. Mixed level class that follows a drop-in format, no need for perfect attendance! Perfect for all levels of fitness, beginners welcome. Participants might like to bring their own mat, blanket and a small pillow. Limited supply of some yoga supplies provided.





Nurse Care



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 prediabetes 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 over age 40 — the risk for diabetes increases as you get older

Are overweight

Have a history of gestational diabetes- diabetes or high blood sugar when pregnant

Have high blood pressure

Reference: American Diabetes Association-<https://doihaveprediabetes.org/faq.html>



Don't forget about your beverages.

A small hot chocolate from Tim Horton's 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)



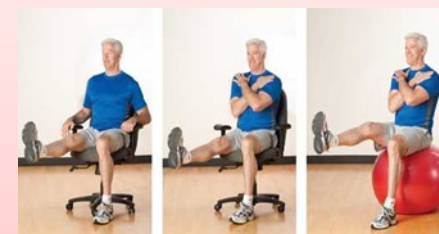
Fitness



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.



Seated Leg Lifts



Seated Bicycles



Reverse Lunges



High Knee Marches



Standing Bicep Curls

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



Quick 7-Ingredient Chili

Ingredients:

2 lb. ground turkey breast
1 large onion, chopped
2 TBSP chili powder
1/2 tsp ground cumin
2.5 cups V-8 Juice (low sodium)
1 green bell pepper, chopped
2 cans (15 oz. each) red kidney beans, rinsed and drained

Prep time: 10 minutes
Cook: 25 minutes
Serves 8

Directions:

Cook the turkey, onion, chili powder and cumin in a 4 quart saucepan over medium-high heat until the turkey is well browned, stirring often. Add the V8 juice, bell pepper and kidney beans to the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender. Serve warm.

Pumpkin Chili

Ingredients:

1 TBSP canola oil
1 small yellow onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 clove garlic, minced
1 lb. ground lean ground turkey breast
1 (14.5 oz.) can diced tomatoes, no salt
2 cups pumpkin puree (fresh or canned)
1 (15 oz.) can of black beans, drained and rinsed in cold water
2 TBSP chili powder
1 tsp ground cumin
1/2 tsp ground black pepper
optional: add a can of yellow corn
Cayenne pepper to taste (for SPICY chili)



Directions:

Heat the oil in a large skillet over medium heat, and sauté the onion, green bell pepper, red bell pepper, and garlic until tender. Stir in the turkey, and cook until evenly brown, mix in tomatoes, beans and pumpkin. Season with chili powder, pepper and cumin. Reduce heat to low, cover, and simmer 20 minutes. Serve topped with reduced fat shredded cheddar cheese.

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 breast 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 overpowering 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.



Sweet Potato & Black Bean Chili

Ready in 40 minutes!

Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night.

Ingredients:

1 TBSP plus 2 tsp extra-virgin olive oil
1 large sweet potato, peeled and diced
1 large onion, diced
4 cloves garlic, minced
2 TBSP chili powder
4 tsp ground cumin
½ tsp ground smoked paprika
1½ cups water
2 15-ounce cans black beans, rinsed
1 14-ounce can diced tomatoes, no salt added
4 tsp lime juice
½ cup chopped fresh cilantro

Directions:

Heat oil in a Dutch oven over medium- high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, and paprika and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro. Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

*Smoked paprika can be found in the spice section of most supermarkets

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 jalapeños) 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.

