



Enniska/February 2017

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

February is American Heart Month

Did You Know?

Heart disease kills more women than all cancers combined.

1 in 3 women will die from heart disease.

Women with diabetes are 2 to 4 times more likely to die from heart disease.

Women experience heart attacks different than men.



Risk Factors:

High Cholesterol

Diabetes

High Blood Pressure

Inactivity

Poor Eating Habits

Smoking

Overweight

Family History

Stress

Heart Disease is the No.1 Killer of Women!

WEAR RED DAY 2017!

The first Friday of February is designated as Wear Red Day. Each year Wear Red Day is celebrated to bring awareness to women and heart disease.

By wearing **red** on **February 3rd**, you are joining The Let's Get Healthy Program in our fight to keep our Akwesasne women healthy.

On this day each year, what you wear does matter.

Wear Red Day Celebration

Friday, February 3rd

8:00am-12:30pm

A list of events is on page 7

Location: Diabetes Center for Excellence



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Heart Healthy Living

Stress and Your Heart Health

Stress, particularly chronic or constant stress can negatively affect your health and cause issues relating to your heart.

Stress sets off a chain of events. First, you have a stressful situation that's usually upsetting but not harmful. The body reacts to it by releasing a hormone, adrenaline, which causes your breathing and heart rate to speed up and your blood pressure to rise. These physical reactions prepare you to deal with the situation by confronting it or by running away from it — the “fight or flight” response.

Chronic stress may damage the artery walls

When stress is constant (chronic), your body remains in high gear off and on for days or weeks at a time. Chronic stress that causes an increase in heart rate and blood pressure may damage the artery walls.

Avoid feelings of anger, hostility that cause heart rate, blood pressure to rise

Chronic stress does not cause high blood pressure. The exact causes of high blood pressure are unknown, but contributing factors include being overweight, eating too much sodium (salt), lack of physical activity and drinking too much alcohol.

Chronic stress can weaken the immune system

Chronic stress can take a physical toll on you. It can weaken your immune system and cause uncomfortable physical symptoms like headache and stomach problems.

Learn to manage stress through relaxation, stress management techniques

Since the early 1970s, doctors have used the term “Type A” personality or behavior to describe a person who is always in a hurry, impatient, often irritated, angry or hostile, and who strives for perfection. Recent studies show that the Type A traits linked to heart disease probably are anger and hostility. Why? When you are angry or hostile, your body releases stress hormones into your blood, causing your heart rate and blood pressure to go up temporarily, and making your heart work harder.

Medicines are helpful for many things, but usually not for stress. Some people take tranquilizers to calm them down, but it's far better to learn to manage your stress through relaxation or stress management techniques. Be careful not to confuse stress with anxiety. If you suffer from severe anxiety, speak with your doctor about whether you need medication.

More information can be found at www.goredforwomen.org

How can The Let's Get Healthy Program help you?

We have group and individual guided relaxation sessions available in our relaxation lounge. We offer mind-body services that include deep breathing techniques, mini relaxations, progressive muscle relaxations, guided imagery, meditation and visualization. If you are interested please call 358-9667 for an appointment.

Risk Factors for Heart Disease What You Can & Can't Control

Some risk factors you can't do anything about.

But others you can treat, manage or control with the help of your healthcare provider. Those you can't change, like your family history, are still important when assessing your risk for heart disease.

Risk factors that can be managed:

- High Blood Pressure
- Smoking
- High Cholesterol
- Lack of regular activity
- Obesity/overweight
- Diabetes

Risk factors that can't be controlled

- Age
- Gender
- Heredity (family history)
- Race
- Previous stroke or heart attack



Did You Know...

Each day the average heart beats 100,000 times and pumps over 2,000 gallons of blood.
Take care of your heart: eat healthy and exercise often.

Fitness Tips for a Healthy Heart

Back to the Basic with Fitness

Fitness basics to help you understand how to improve your physical fitness and help reduce your heart disease risk.

Physical activity is anything that makes you move your body and burn calories

1. Strength and resistance training

Strength and resistance training are important elements of a good physical activity routine. The American Heart Association recommends strength training at least twice per week.

A well-rounded strength-training program provides the following benefits:

- Increased strength of bones, muscles and connective tissues (tendons and ligaments)
- Lower risk of injury
- Increased muscle mass, which makes it easier for your body to burn calories and thus maintain a healthy weight
- Better quality of life

2. Walking

Walking is a great way to get you moving with minimal impact on your body. It's also low-risk and easy to start. While the AHA recommends that adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week, even short 10 minute activity sessions can be added up over the week to reach this goal.

A regular walking program can provide the following benefits:

- Improve your cholesterol profile
- Lower blood pressure
- Increase your energy and stamina
- Boost bone strength
- Prevent weight gain

Article Submitted By: Jessica Hopps

For more fitness tips and to check out our fitness facility and classes, join us for Wear Red Day on February 3rd!



Bodyworks Community Class

Building Core Strength

One of the most frequently asked questions is "how do I flatten my tummy?" Well the answer to that question isn't always easy. The trick is treating our bodies as a complete unit, using a combination of strength training and eating a well-balanced diet.

Our core is our powerhouse, a strong core improves balance, promotes good posture and prevents lower back injuries. Don't make the mistake of doing hundreds of reps of abdominal exercises in hopes of getting a flatter midsection. The abdominal muscles are not our largest muscle group, so doing tons of core exercises are actually not going to burn that many calories. The secret is doing exercises that target our large muscle groups such as our legs, this in return will burn more calories and fat. For example: swimming, cycling, and kickboxing etc.

One of the biggest contradictions of building a stronger core is we must do hundreds of crunches. Most of the time this exercise is done improperly, and puts a lot of strain on our neck and back. Below are a few simple core exercises that you can try at home or you can add to your exercise routine:

Russian Twist



One legged leg raises



Seated Leg raises



Article Submitted By: Steevi King



Did you know...

Cigarette smoking is the #1 preventable cause of death in the U.S. It is estimated that as many as 70,000 non-smokers die each year from heart disease, because they were exposed to secondhand smoke.

Heart Heal

Whole Grain Lemony Loaf Cake

Ingredients:

Non stick baking spray
1.5 cups white whole wheat flour
2 tsp baking powder
1/4 tsp salt
3/4 cup sugar (or baking blend)
Zest of 1 lemon, finely grated
1/2 cup plain Greek yogurt
1/4 cup 2% milk
1/4 cup canola oil
1/2 tsp pure vanilla extract
2 egg whites from a large egg
1 whole large egg



Directions:

1) Preheat oven to 350 degrees. Coat an 8 1/2 by 4 1/2 inch loaf pan with baking spray
2) Whisk together the flour, baking powder and salt in a medium bowl
3) Put the sugar and lemon zest in another bowl and rub the lemon zest into the sugar with your fingers. Add the yogurt, milk, oil, vanilla, egg whites and whole egg and vigorously whisk until blended. Add the flour mixture into the egg mixture and fold until just incorporated.
4) Transfer to the prepared pan. Bake 50 minutes or until a toothpick inserted into the center comes out clean.

Recipe to be
featured at
Cooking
Demonstration on
February 15th!

Heart Healthy Turkey Chili

Ingredients:

Cooking spray
2 Tbsp. canola oil
1 medium or large onion, chopped
1 pound ground, skinless turkey breast
2 large garlic cloves minced or 1/2 tsp. garlic powder
2 tsp. chili powder
1/2 tsp. pepper
1/2 tsp. ground cumin
15.5 oz canned no salt added kidney beans (drained)
15.5 oz canned no salt added black beans (drained)
14.5 oz canned no salt added diced tomatoes (undrained)
1 cup frozen corn
6 oz canned no salt added tomato paste
4 medium green onions (green part only) sliced *optional*

Directions:

1) Lightly spray Dutch oven with cooking spray. Add oil and heat over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally.
2) Reduce heat to medium. Stir in turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up turkey
3) Stir in garlic, chili powder, pepper and cumin. Stir in the remaining ingredients except green onions. Cook 5-7 minutes, or until heated through, stirring frequently. Sprinkle with green onions, just before serving.



Recipe to be
featured at Wear
Red Day
February 3rd!

Sodium Intake:

Should be limited to no more than 1,500mg per day for someone over the age of 50 or someone with diabetes, high blood pressure or kidney disease.

Most of the salt we consume comes from processed or packaged foods and restaurant meals.

Lower sodium does not mean **no sodium** always check your food labels.

Choose no salt spices like fresh or dried herbs or Mrs.

Where is it?

Salt is often found hiding in our food:
dip mixes
gravy mixes
frozen meals

Prepackaged sides:
mac and cheese
rice sides
pasta sides

Processed Meats:
pepperoni
ham
bologna
hot dogs
spam

Sauces:
spaghetti sauce
soy sauce

Healthy Recipes

DIY Ranch Salad Dressing

Ingredients

- 1 Tbs dried parsley
- 1/2-2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1 Tbsp fresh chives
- 1 cup non fat plain Greek yogurt
- 1/3 cup buttermilk
- 1 tsp Dijon Mustard
- 1 tsp lemon juice



Directions:

- 1) Place the spices into a food processor and pulse a few times, until the spices have been ground up a bit
- 2) Scrape down the sides
Place the remaining ingredients into the food processor and pulse until the ingredients have been fully incorporated
- 3) Scrape down the sides, if needed, and pulse again
- 4) Transfer into a sealable container and place in the fridge until ready to use.

*200 calories in the whole recipe as compared to 140 calories in 2 Tbsp of bottled Ranch dressing!!!



**Cut back on salt not flavor!
Use fresh or dried herbs to add
flavor to your meals.**



Whole Grain Corn Bread

Ingredients:

- 1 cup cornmeal
- 1 cup whole wheat flour
- 4 tsp. baking powder
- 1/2 tsp salt
- 2 Tbs honey
- 2 beaten eggs
- 1 cup low fat milk
- 1/4 cup melted coconut oil



A nice side to go
with the Heart
Healthy Turkey
Chili!

Directions:

- 1) Preheat oven to 400 degrees
- 2) Mix first 5 ingredients then make a well and add the remaining ingredients
- 3) Stir until smooth
- 4) Spray a glass 9x9 pan with cooking spray add mix to the pan
- 5) Bake 25 minutes at 400 degrees
- 6) Serve hot

Heart Healthy Shopping Tips

Make a grocery list each week and stick to it.

Compare labels for:
-fiber
-sodium
-saturated fats
-added sugars

Increase the amount of fruits and vegetables you buy. Buy fresh or frozen. Prepare them when you get home by washing them and making them available on the counter or in the fridge.

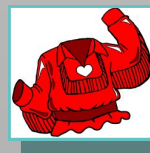
Choose whole grain foods, look for words like "whole grains" and "high fiber":
wild rice
old fashioned oats
high fiber cold cereal
quinoa
barley

Choose lean protein:
chicken breast
fresh or frozen fish
albacore tuna
pork loin
turkey breast
beans/legumes
nuts/seeds

Choose low fat dairy:
1% milk
reduced fat cheese



Cook Healthy Eat Healthy



Women & Heart Disease

Sugar and Heart Disease

According to the Journal of American Medical Association Internal Medicine, researchers found that the odds of dying from heart disease rose in tandem with the percentage of sugar in one's diet. The people who consumed 17% or more of their daily calories from sugar had nearly a 40% higher chance of dying from heart disease compared to people who consumed 8% or less of their daily calories from sugar. Too much added sugar in your diet can increase your risk of dying from heart disease. It can also lead to obesity, high blood pressure and high cholesterol.

**The American Heart Association's recommendation for added sugar for women:
NO MORE THAN 6 teaspoons or 100 calories from added sugar each day!
Most Adults in the U.S. consume more than 22 teaspoons of added sugars each day!**

Added sugars— any sugars/sweeteners that are added to foods or beverages during processing or preparation. Added sugars could be sugar added to coffee, syrup added to oatmeal, honey added to tea or the use of white sugar, brown sugar or other sweeteners in cooking or baking, and high fructose corn syrup added to sweeten drinks. You can reduce the amount of added sugars in your meals by reading food labels, choosing foods that have no added sugars, choosing unsweetened beverages, and not adding sugar to drinks like coffee, tea, or on top of oatmeal. For more information on added sugars check out goredforwomen.org or talk with our Registered Dietitian.

Life's Simple 7

**Do you know there are 7 easy ways to help control your risk for heart disease?
Manage your heart risk by understanding "Life's Simple 7."**

1. **Get active**— Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risk for heart disease.
2. **Control Cholesterol**—When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.
3. **Eat better**— Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains and lean meats including fish, your body is missing the basic building blocks for life.
4. **Manage blood pressure**— High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries and kidneys which keeps you healthier longer.
5. **Lose weight**— If you have too much fat— especially if a lot of it is at your waist— you're at a higher risk for such health problems as high blood pressure, high cholesterol and diabetes. If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five to ten pounds can produce a dramatic blood pressure reduction.
6. **Reduce blood sugar**— Most of the food we eat turns into glucose (blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes.
7. **Stop Smoking**— Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

Wear Red Day 2017



Friday February 3, 2017 Schedule of Events



8:00am-10:30am Heart Healthy Breakfast

8:00am-9:00am Supervised Swim

9:00am-9:45am Club Circuit

10:00am-11:00am Guided Relaxation

11:00am-11:30am Fitness Demonstration

11:30am-12:30pm Lunch and Learn

*** Presentation by: Theresa Gardner, FNP**

**All events will be held at the
Diabetes Center for Excellence
66 Business Park Road, Akwesasne**



**Each class you attend you will be entered to win prizes!
The more classes you attend, the more chances you get!**

You can come to one, a few or all of the sessions.

Please bring dry sneakers and wear comfortable clothes.

For More Information: 518-358-9667

Heart Attack Warning Signs

With heart disease being the number one killer of women in the United States it is important to take time to learn the warning signs of a heart attack. Commonly, women brush off the symptoms as heart burn, the flu or normal aging.

Symptoms:

Uncomfortable pain, pressure, fullness in the chest that lasts for more than a few minutes or that comes and goes.

Pain or discomfort in one or both arms, the jaw, back, neck or stomach.

Shortness of breath, with or without chest discomfort.

Breaking out in a cold sweat, nausea, or lightheadedness.

Women are more likely than men to have some of the symptoms other than chest pain. If you have any of these symptoms don't wait more than 5 minutes before calling for help. Dial 9-1-1 and get help immediately. The sooner you receive medical attention the better your chances are at surviving with minimal damage to your heart.

For More Information check out: www.heart.org American Heart Association



News



Wear Red Day 2017
Wear **RED** to our event



February 3, 2017

8:00am-12:30pm

Diabetes Center for Excellence

Win great prizes all day!

THE POOL IS OPEN!

The pool at The Diabetes Center for Excellence is open!

*For all community members ages 18 years and up.

*Locker rooms and showers available.

*Max capacity is 10 swimmers.

*Classes are FREE!

Supervised Swim

Monday & Wednesday:

4:15-5:15pm

Friday:

8:00-9:00am

Water Aerobics

Thursday

5:15-6:15 pm



Cooking Demo

February 15

10:00 to 11:30am

Theatre Kitchen

Healthy Desserts:
Lemony Loaf Cake
Energy Bites

Learn how to make
two healthy
desserts



RSVP required
by February 14
8 spots available
358-9667

Guided Relaxation

Every Friday in

February

9:50-10:30am

Relaxation

Lounge

Exercise Classes:

Move For Health

Nurse supervised exercise classes

Must be enrolled in LGHP.

Monday-Thursday

8-9am, 9-10am, 10-11am,
11-12pm

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

5:15-6:15 pm

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 and older

Please wear comfortable clothes, bring clean/dry sneakers and a water bottle.



Helping Build A Better

OFFICE CLOSED

Feb 20, 2017

President's Day

Please pick up all your testing supplies early!



American Heart Month
Celebration: Wear Red Day

February 3, 2017

Diabetes Center for Excellence

A day full of classes, workshops and a Lunch and Learn presentation!

For a full list of events check out the flyer on page 7!