

# \*News\*

## Cooking Demo

Quick and Healthy Sheet Pan  
Meal Ideas  
for busy families

**Thursday March 21, 2019**  
**11:30 AM - 1:00 PM**

Diabetes Center for Excellence  
Theatre Kitchen



RSVP By March 19<sup>th</sup>  
Space is limited to  
8 participants

## Guided Meditation

Fridays  
9:50 - 10:15am  
Relaxation  
Lounge



**Meditation is cancelled**  
**Friday March 8, 2019**

Feel free to schedule an  
individual Guided Meditation  
appointment with  
Heather Pontius, RD

Please join the  
Let's Get Healthy Program

**Tuesday March 26, 2019**  
for  
**Diabetes Alert Day**



**Health Screenings and  
Diabetes Risk Assessments  
With Case Managers**  
8:00 - 10:00 am at Heart to Heart  
Fitness Center  
12:00 - 2:00 pm at Akwesasne  
Mini Mart  
12:00 - 2:00 pm at the Diabetes  
Center for Excellence

**"Open House" Public Fitness  
Class**  
Diabetes Center for Excellence  
**12:00 pm - 2:00 pm**

All are welcome to join us in our  
fitness room. Check out the  
equipment, meet the Health  
Promotion Staff, ask questions and  
come to exercise

For more information,  
please contact the  
Let's Get Healthy Program at  
358-9667

**Move for Health (MFH):**  
Nurse supervised exercise  
classes  
Must be enrolled in LGHP

**Monday-Thursday**  
8-9am, 9-10am, 10-11am,  
11am-12pm & 3-4 pm

**Community Classes:**  
No registration required

**Public Fitness**  
**Monday - Friday**  
5:00-8:00 am & 12:00-1:00 pm  
**Friday**  
8:00 am-10:00 am

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

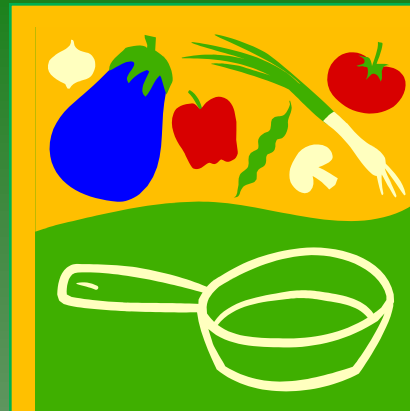
**Water Aerobics**  
**Monday & Thursday**  
5:00-6:00 pm

**Supervised Swim**  
**Wednesday & Friday**  
8:00-9:00 am

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

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

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



## Enniskó:wa / March 2019

**Tsitewatakari:tat/The Let's Get Healthy Program**  
**Diabetes Center For Excellence**  
**66 Margaret Terrance Memorial Road**  
**Akwesasne, NY 13655**  
**518-358-9667**



## Facts About Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes.

In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin to make up for it. But, over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 diabetes is treated with lifestyle changes, oral medications (pills), and insulin.

When glucose builds up in the blood instead of going into cells, it can cause two problems:

- Immediately, your cells may be starved for energy.
- Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

Some people with type 2 diabetes can control their blood glucose with healthy eating and being active. But, your doctor may need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time – even if you don't need medications at first, you may need them later on.

Some groups have a higher risk for developing type 2 diabetes than others. It is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

## Diabetes Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. Learn about how your doctor can make a diabetes diagnosis or take our Risk Test to find out if you are at increased risk for having type 2 diabetes, at the link below.

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/?loc=atrisk-slabnav>



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# March is National Nutrition Month

## National Nutrition Month 2019 - Let's Focus on Heart Health

Heart disease is the leading cause of death in America. Fortunately, many risk factors are things we have control over — such as our food and lifestyle choices. Making nutritious food choices and being physically active throughout the day are two excellent ways to help keep your family's heart beating strong.

### Heart Healthy Foods For the WHOLE family

**Fiber** is great for heart health because it can bind with bad cholesterol and remove it from the body. Foods high in dietary fiber include whole grains, vegetables and fruit. To increase your fiber intake from foods, include more plant-based sources of protein such as beans and peas, choose whole-grains whenever possible and make half your plate fruits and vegetables at each meal.

**Choosing heart healthy fats**, specifically unsaturated fats, can also give heart health a boost. The unsaturated fats from foods such as nuts, olives, avocados and fatty fish can help increase good cholesterol levels. On the other hand, foods high in saturated fat should be limited, such as high-fat cuts of meat, butter and full-fat dairy products.

*Trans fat, also known as partially-hydrogenated oil, should be avoided.*

Next time you are at the grocery store, pick up some of these heart-healthy items:

- Beans, peas and lentils
- Fruits and vegetables (fresh, frozen or canned without salt or added sugars)
- Salmon, tuna, sardines and mackerel
- Whole-grain breads, high -fiber cereals and pasta, brown rice, barley
- Nuts such as almonds, walnuts, pecans and unsalted pistachios



### Move It - Family FITNESS

Another way to reduce your risk of heart disease is to be active.

Encourage pre-school aged children to engage in three hours of varied active play each day.

Children (6 years and older) and teens should get 60 minutes or more of physical activity each day, including aerobic activity as well as muscle and bone strengthening activities.

Adults should get at least two hours and 30 minutes of physical activity per week, including muscle strengthening activities.

Being physically active helps to lower blood pressure, manage stress and control weight. Be physically active in your own way and start with what you can — any physical activity is better than none. Reach your goals together by encouraging your family to take a walk after dinner, go for a bike ride or go swimming.

## What is National Nutrition Month?

National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

In addition, National Nutrition Month promotes Registered Dietitians to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Day is also celebrated during National Nutrition Month, on the second Wednesday in March. This occasion increases awareness of registered dietitians as the indispensable providers of food and nutrition services, while recognizing both RDs for their commitment to helping people enjoy healthy lives.



# Diabetes Alert Day 2019

Please join the Let's Get Healthy Program

**Tuesday March 26, 2019**

for

**Diabetes Alert Day**



Chances  
to win  
Prizes!

## Health Screenings and Diabetes Risk Assessments

### With Case Managers:

8:00 - 10:00 am at Heart to Heart Fitness Center

12:00 - 2:00 pm at Akwesasne Mini Mart

12:00 - 2:00 pm at the Diabetes Center for Excellence

### “Open House” Public Fitness Class

Diabetes Center for Excellence

**12:00 pm-2:00 pm**

All are welcome to join us in the fitness room.

Check out the equipment, meet the Health Promotion Staff, ask questions and come to exercise!

If you have a  
family history  
of diabetes,  
this is the event  
for you!

For more information, please contact the Let's Get Healthy Program at 358-9667.



## The Let's Get Healthy Program Celebrated Wear Red Day 2019

This year, “Wear Red Day” was celebrated at the Diabetes Center for Excellence on Friday February 1, 2019. The Let's Get Healthy Program provided various activities throughout the day for community members, such as: Public Fitness exercise class, a heart healthy Grab and Go Lunch, a guided relaxation session, a heart health presentation by Theresa Gardner, FNP, and community screenings for glucose and blood pressure and prizes.

Niá:wen to those who helped bring awareness to women and heart disease.





## Eating and Exercising

Knowing when and what to eat can make a difference in your workouts. Understand the connection between eating and exercise. When and what you eat can be important to how you feel when you exercise, whether it's a causal workout or training for a competition. Consider these eating and exercise tips.

If you exercise in the morning, get up early enough to finish breakfast at least one hour before your workout. Be well-fueled going into a workout. Studies suggest eating or drinking carbohydrates before exercise can improve workout performance and may allow you to work out for a longer duration or higher intensity. If you don't eat, you might feel sluggish or lightheaded when you exercise. If you plan to exercise within an hour after breakfast, eat a light breakfast. Emphasize carbohydrates for maximum energy. Good breakfast options include: Whole-grain cereals or bread, low-fat milk, juice, a banana, yogurt, or a healthy banana pancake.

Remember, if you normally have coffee in the mornings, a cup before your workouts is okay. Also know that anytime you try a food or drink for the first time before a workout, you may risk an upset stomach. Be careful to not overdo it when it comes to how much you eat before exercise. The general guidelines suggest if you are going to eat larger meals before exercise you would eat at least three to four hours before. Eating smaller meals or snacks is about one to three hours before exercising.

Most people can eat small snacks right before and during exercises. The key is how you feel and doing what works best for you. Snacks eaten before exercise probably won't give you added energy if your workout lasts less than 60 minutes, but may prevent distracting hunger pains. If your workout is longer than 60 minute, you may benefit by including a carbohydrate-rich food or beverage during the workout. Good snack options include: An energy bar, a banana or other fresh fruit, yogurt, fruit smoothie, a whole-grain bagel with peanut butter.

A healthy snack is especially important if you plan a workout several hours after a meal. To help your muscles recover and to replace their glycogen stores, eat a meal that contains both carbohydrates and protein within two hours of your exercise session if possible. Good post-workout food choices include: Yogurt and fruit, peanut butter sandwich, low-fat chocolate milk, post-workout recovery smoothie, turkey on whole-grain bread with vegetables.

Do not forget to drink fluids. You need adequate amount of fluids before, during and after exercise to help prevent dehydration. To stay well-hydrated for exercise, the American College of Sports Medicine recommends that you drink roughly 2 to 3 cups of water during the two to three hours before your workout. Drink about 1/2 to 1 cup of water every 15 to 20 minutes during your workout. Adjust amounts related to your body size and the weather. Drink roughly 2 to 3 cups of water after your workout for every pound of weight you lose during the workout.

Water is generally the best way to replace lost fluids. But if you're exercising for more than 60 minutes, use a sports drink. Sports drinks can help maintain your body's electrolyte balance and give you a bit more energy because they contain carbohydrates. Keep in mind that the duration and intensity of your activity will dictate how often and what you should eat and drink. For example, you'll need more energy from food to run a marathon than to walk a few miles. It's best to have previous exercise experience to see how your system handles the food.

When it comes to eating and exercise, everyone is different. So pay attention to how you feel during your workout and to your overall performance. Let your exercise experience guide you on which pre and post-exercise eating habits work best for you. Consider keeping a journal to monitor how your body reacts to meals and snacks so that you can tweak your diet for optimal performance.

**Reference**  
Mayo Foundation for Medical Education and Research  
Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. Medicine & Science in Sports & Exercise. (2016).



# Health Promotion



**What is Mobility?** – The ability to move or be moved freely and easily.

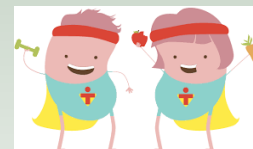
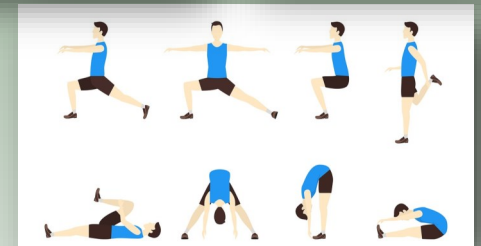
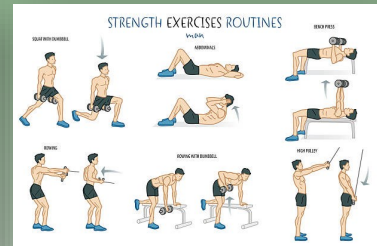
### 3 Types of Mobility-Preserving Exercises:

The type of exercise you perform is just as important as getting the right amount of exercise. To prevent injury and preserve mobility, the following is recommended:

- **Stretching:** Stretching helps improve blood flow to the muscles, helps improve recovery, and increases mobility of the muscles and tendons.
- **Strengthening:** Strength training (most commonly performed using your body weight, free weights, or weight machines) helps preserve muscle mass. A strengthening program for the upper and lower parts of our bodies (the arms and legs), as well as the core (the abdominal muscles and the nearby stabilizing and lower back muscles). These muscle groups are important in general mobility, and must be strengthened to avoid injury.
- **Calming:** Calming exercises such as yoga, meditation, or tai-chi, help to relax the muscles, body, and mind, and also to balance and rid the fatigue, strain, and inflammation that may be accumulated throughout the day.

### Benefits of Mobility Exercises:

- Improved flexibility
- Increased range of motion for increased strength potential
- More muscle activation
- Decreased risk of injury
- Decreases soreness and joint pain
- Arthritic symptoms reduced or eliminated
- ♦ Prolong quality of life
- ♦ Prolong independent living as you age



## NATIONAL KIDNEY MONTH

National Kidney Month during March is a reminder to give our kidneys a check up. One in three Americans are at high risk for kidney disease because of diabetes, high blood pressure, or family history of kidney failure. On top of that, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed.

Our kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals, and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.

### HOW TO OBSERVE

Learn more about caring for your kidneys at [www.kidney.org](http://www.kidney.org) and use **#NationalKidneyMonth** to share on social media. Schedule a checkup, and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected.

Here's what else you can do this month to protect your kidneys:

1. Control your blood pressure (and diabetes if you have it). These are the two leading causes of kidney disease and kidney failure.
2. Exercise often. Regular exercise keeps your kidneys healthy by keeping things moving and controlling blood pressure.
3. Cut out processed foods. They tend to have high sodium, nitrates, and phosphates, and they've been linked to kidney disease.
4. Try to reduce over the counter pain medicines. They may help with aches and pains, but they can greatly damage your kidneys.

### Did You Know?

The Let's Get Healthy Program offers open Public Fitness Classes for community members over the age of 18,  
**Monday - Friday, 5 am - 8 am & 12 pm - 1 pm and Fridays, 8 am - 10 am**  
This includes access to the fitness equipment, workout of the day and to our Health Promotion Staff for any questions you may have.



# Sheet Pan Meals

## Sheet Pan Dinner - Chicken & Vegetables

A weeknight winner, low on clean-up and high on taste, this Sheet Pan Dinner of Roasted Chicken and Vegetables is super fast, super easy and SUPER tasty! Make ahead for lunches for the week, or just feed the family!

### Ingredients:

1 lb. chicken tenders, boneless skinless  
2 large zucchini, cut into half moon chunks  
1 large bell pepper, seeded and cut into chunks  
1 red onion, outer layer removed, cut into wedges  
1 cup cherry or grape tomatoes, rinsed and patted dry

### Marinade:

¼ cup extra virgin olive oil  
3 TBSP lemon juice  
1 clove garlic, minced  
2 tsp dried oregano  
2 tsp dried basil  
1 tsp ground black pepper

### To serve or for Meal Prep

Extra lemon wedges  
Cooked quinoa or wild rice



### Directions:

Preheat the oven to 425F. Chop vegetables and put them in a large bowl, add chicken tenders. In another bowl, whisk together the marinade ingredients until well combined. Pour marinade over the chicken and vegetables and mix until well combined. On a large baking sheet, arrange the chicken and vegetables in a single layer. Bake for 20 minutes, until the chicken is cooked thorough (165F.) and the vegetables are tender. Serve immediately, with cooked quinoa or wild rice, and squeeze extra lemon over the top.

### Meal Prep:

Divide into meal prep bowls and store in the refrigerator until needed. Reheat in the microwave, add lemon (optional).

### Recipe Notes:

If your chicken cooks faster than the vegetables, remove the chicken and broil the vegetables.

### For meal prep:

Use 3-4 oz. cooked chicken, 1 cup of vegetables and ½ cup cooked rice or quinoa.

## Sheet Pan Pesto Chicken and Veggies

### Ingredients:

3 chicken breasts, boneless/skinless, diced  
1 package Cherry tomatoes, rinsed and patted dry  
1/2 head broccoli, cut into florets  
1 small zucchini, cut into thick half moons  
1 package mushrooms, cleaned and cut in half  
3 TBSP olive oil, divided  
2 cups basil, packed  
1/2 cup Parmesan cheese  
2 cloves garlic, minced  
1/2 tsp ground black pepper

### Directions

Preheat oven to 400 F. In a food processor, blend 2 TBSP olive oil, basil, parmesan cheese, garlic, and pepper together until smooth (you may need to add 1-2 tsp of water to get it to blend) to make the pesto.

Add chicken and mushrooms to large sheet pan and toss with 1 TBSP of olive oil and 2 TBSP of pesto. Bake in oven for 10 minutes. Remove from oven and drain excess liquid.

Add remaining vegetables and another 1-2 TBSP of pesto. Toss to combine then bake another 10 minutes until chicken is fully cooked. Remove from oven and serve warm or put into airtight containers for meal prep meals.

### Tips:

Any extra pesto can be frozen for future use. If you do not like the cherry tomatoes once they are cooked you could substitute using a whole head of broccoli instead of half.



## Easy Honey Citrus Sheet Pan Salmon

Flaky salmon is slathered with a finger-licking honey citrus glaze and baked alongside crisped up potatoes and asparagus for an easy weeknight one-pan dinner.

### Ingredients:

1 lb. salmon fillet or 4- 6oz fillets

### Garlicky Potatoes:

1 lb. small potatoes, halved  
2 TBSP olive oil  
4 cloves of garlic, minced  
1 TBSP dried parsley  
Cracked black pepper

### Asparagus:

1 bunch of asparagus, woody ends removed  
1 tsp olive oil

### Honey Citrus Glaze:

2 TBSP of each: lemon juice, lime juice and orange juice  
2 TBSP low-sodium soy sauce  
1 TBSP honey  
1 TBSP brown sugar  
3 cloves of garlic, minced  
1 tsp freshly grated ginger  
Optional:  
1/4 cup cold water  
2 TBSP corn starch



### Instructions:

#### Garlicky potatoes:

Preheat oven to 400° F. Place the potatoes in a large bowl and drizzle with olive oil. Toss to coat. Add the garlic, parsley, and pepper. Toss again to coat. Evenly distribute the potatoes over a baking sheet and set bowl aside for asparagus. Bake the potatoes for 20-30 minutes, or until golden brown, tossing halfway through.

#### Honey Citrus Glaze:

Add the citrus juices to a small saucepan. Add the soy sauce, honey, brown sugar, garlic and ginger. Place the saucepan over medium heat and bring to a simmer. Simmer until the mixture thickens, about 5 minutes. If you'd like a thicker consistency, mix the cold water and corn starch into a small bowl, whisking with a fork until the corn starch has dissolved. Slowly add it to the simmering glaze mixture, stirring constantly until the mixture thickens. Remove from heat and set aside.

#### Asparagus:

Place spears into the bowl your potatoes were in. Drizzle with olive oil and toss. Sprinkle pepper over the spears, and toss again to coat. Set aside.

#### Salmon:

When the potatoes have crisped, bring the pan out of the oven and set it somewhere safe. Move the oven rack about 6 inches from the broiler and set broiler to high.

With a spatula move the potatoes to the sides of the pan to make room. Set the salmon down in the middle of the pan. Distribute the asparagus around the sides.

Carefully pour half of the glaze mixture over the salmon, brushing it with a basting brush to evenly coat. Set the rest of the glaze aside.

Cut a few thin slices of lemon or lime and place over the salmon. (Optional.)

Place the pan under the broiler and broil for about 13-15 minutes. Because every broiler is different, keep a close eye on it. It doesn't hurt to check the internal temp of the salmon at 8-10 minutes in, and monitor it closely after that. You're looking for an internal temperature of 145° F.

When done, remove the pan from the oven. Carefully discard the fruit slices. Brush the remaining glaze over the salmon, cut the fillets into 4-6 oz. portions, and serve.

### Tips and Tricks:

The amount of asparagus is hard to judge as it depends on the spears available to you. Sometimes they're thick, sometimes they're super thin. Judge as best as you can based on the amount of people you are serving. Not into asparagus? Use green beans or broccoli!

Set your salmon out on the counter about 15 minutes prior to cook time to bring it to room temp. This helps in giving you an even cook with your salmon.



March is National Nutrition Month, it's a great time to schedule an appointment with our Registered Dietitian, Heather Pontius, RD.  
Call our office at (518) 358 - 9667

