

News

Healthy Eating Tips

Take your time:

It takes 20 minutes for your brain to recognize fullness. Take smaller bites and chew your food longer to avoid eating quickly, which often leads to overeating

Make the food a priority:

Sit at a table, not in front of a TV or computer screen. Have a meaningful conversation or eat in silence. Pay attention to the flavors and textures of the meal you are enjoying

Plate your meal:

Resist the urge to eat straight from the bag or the box and portion out your food. This visual of portion size will help prevent mindless eating and let you appreciate your meal

You don't have to join the clean plate club:

If you feel full, you don't need to finish everything on your plate. Consider using a smaller plate at mealtimes to help with portion control as well as reduce food waste. You can also save your leftovers for another meal

Special Fitness Class:

Yoga

Friday March 6th & 13th
10:00 - 10:45 am

Basic stretching, breathing and relaxation practices

All fitness levels welcome

Diabetes Alert Day

Tuesday March 24, 2020



Health Screenings and Diabetes Risk Assessments With Case Managers

7:00 - 9:00 am at Heart to Heart Fitness Center

11:00 am - 1:00 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 - 2:00 pm

Grab 'n' Go Lunch
All are welcome

For more info, please contact the Let's Get Healthy Program
(518) 358-9667

Move for Health (MFH):

Nurse supervised exercise classes
Must be enrolled in LGHP

Monday-Thursday
8:00 am - 12:00 pm
& 3:00 - 4:00 pm

Community Classes: No registration required

Public Fitness

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

Boot Camp

Monday & Wednesday
4:30 - 5:15 pm

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

Working Together Today to Build a Better Tomorrow



Enniskó:wa / March 2020

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



March is National Nutrition Month

Eating Right Doesn't Have to be Complicated

Eating right doesn't have to be complicated. Simply begin to shift to healthier food and beverage choices. These recommendations from the *Dietary Guidelines for Americans* can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat dairy products
- Include lean meats, poultry, fish, beans, eggs and nuts
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars

Make your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients your body needs. A nutrient rich snack would be a fresh apple instead of a 100 calorie pack of Oreos. Making smart food choices can help you stay healthy and manage your weight.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh or frozen. Eat more dark green leafy vegetables such as spinach and kale, and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish and beans, for example, black beans. Choose whole grains, like oatmeal, whole grain bread, quinoa or wild rice.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the food labels for total fat and saturated fat.



INSIDE THIS ISSUE:

CDC NDPP	2
Health Promotion	3
Recipes	4-5
Diabetes Alert Day	6
Diabetes Alert Day Event	7
News/Tips	8



The Let's Get Healthy Program is a CDC recognized provider of the National Diabetes Prevention Program!

Would you like to prevent diabetes?
Join our next lifestyle change program and work with our certified coaches

Classes begin in April 2020
For more information or to find out if you're eligible, speak with our coaches;
Pamela McDonald-LaChance or Heather Pontius

YOU CAN MAKE A

CHANGE

FOR LIFE



NATIONAL
Diabetes
PREVENTION
PROGRAM
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



Have you ever been told by a health care professional that you:

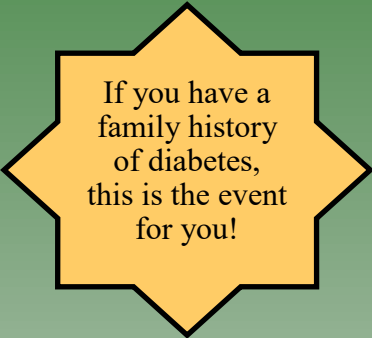
- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

Diabetes Alert Day 2020

Please join the Let's Get Healthy Program
Tuesday March 24, 2020
for
Diabetes Alert Day



Health Screenings and Diabetes Risk Assessments
With Case Managers:

7:00 - 9:00 am at Heart to Heart Fitness Center
11:00 am - 1:00 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 - 2:00 pm

All are welcome to join us in the fitness room!
Grab ‘n’ Go lunch
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 (518) 358-9667



The Let's Get Healthy Program Celebrated
Wear Red Day 2020



This year, “Wear Red Day” was celebrated at the Diabetes Center for Excellence on Friday February 7, 2020. The Let's Get Healthy Program provided various activities throughout the day for community members, such as: Public Fitness exercise class, blood pressure and blood glucose screenings, and prizes.

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

Diabetes Alert Day

American Diabetes Association Diabetes Alert Day[®], observed annually on the 4th Tuesday in March, is a 1-day wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated.

Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population. It’s also estimated that 1 in every 4 persons with diabetes, or 7.2 million Americans are unaware that they have the disease. If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active.

Preventing Type 2 Diabetes

Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be overweight or have a parent, brother, or sister with type 2 diabetes. Maybe you had gestational diabetes, which is diabetes that develops during pregnancy. These are just a few examples of factors that can raise your chances of developing type 2 diabetes.

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes also can cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.

How can I lower my chances of developing type 2 diabetes?

Research such as the Diabetes Prevention Program shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

- **Lose weight and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds
- **Move more.** Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal
- **Eat healthy foods most of the time.** Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.

Most often, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term. Losing weight through healthy eating and regular physical activity can help you prevent type 2 diabetes.

What should I do if my health care professional told me I have prediabetes?

Prediabetes is when your blood glucose, also called blood sugar, levels are higher than normal, but not high enough to be called diabetes. Having prediabetes is serious because it raises your chance of developing type 2 diabetes. Many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes.

About 1 in 3 Americans has prediabetes. You won’t know if you have prediabetes unless you are tested. If you have prediabetes, you can lower your chance of developing type 2 diabetes. Lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.

If I had gestational diabetes when I was pregnant, how can I lower my chances of developing type 2 diabetes?

Gestational diabetes is a type of diabetes that develops during pregnancy. Most of the time, gestational diabetes goes away after your baby is born. Even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. Your child may also be more likely to develop type 2 diabetes later in life. Making healthy choices helps the whole family prevent type 2 diabetes.

Here are steps you should take for yourself and your child if you had gestational diabetes:

- Get tested for diabetes 6 -12 weeks after your baby is born. If your blood glucose is still high, you may have type 2 diabetes. If your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes
- Be more active and make healthy food choices to get back to a healthy weight
- Breastfeed your baby. Breastfeeding gives your baby the right balance of nutrients and helps you burn calories

Health Promotion



Diet or exercise: Does one matter more?

According to the Mayo Clinic Staff, both are essential. Diet has a stronger effect on weight loss than physical activity does; physical activity, including exercise, has a stronger effect in preventing weight regain after weight loss. Weight loss through diet without physical activity, especially in older people, can increase frailty because of age-related losses in bone density and muscle mass. Adding aerobic and resistance training to a weight-loss program helps counter the loss of bone and muscle.

For most healthy adults, the U.S. Department of Health and Human Services recommends these exercise guidelines:

Aerobic activity. Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.

Strength Training. Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Moderate aerobic exercise includes activities such as brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running and aerobic dancing. Strength training can include use of weight machines, your own body weight, and resistance bands.

As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to increase your physical activity.

Why is Sleep Important?

As you drift off to sleep, your body begins to work:

- Healing damaged cells
- Boosting your immune system
- Recovering from the day’s activities
- Recharging your heart and cardiovascular system for the next day

Understanding what happens during sleep also means understanding the sleep cycle, which consists of two recurring phases: REM (rapid eye movement) and NREM (non-REM or non-rapid eye movement). Both phases are important for different functions in our bodies.

NREM sleep typically occupies 75–80% of total sleep each night. Many of the health benefits of sleep take place during NREM sleep – tissue growth and repair occurs, energy is restored and hormones that are essential for growth and development are released.

REM sleep typically occupies 20–25% of total sleep each night. REM sleep, when dreaming occurs, is essential to our minds for processing and consolidating emotions, memories and stress. It is also thought to be vital for learning, stimulating the brain regions used in learning and developing new skills.

What happens if you don’t get enough sleep?

If your body doesn’t get a chance to properly recharge, you’re already at a disadvantage:

- Feeling drowsy, irritable or sometimes depressed
- Struggling to take in new information at work, remembering things or making decisions
- Craving more unhealthy foods, which could cause weight gain

***If this happens night after night, it places strain on your nervous system, body and overall health.**

Color Your Meals

Picco de Gallo

Ingredients

1 large tomato, coarsely chopped*
1/3 C coarsely chopped cilantro
1/4 C finely-chopped onion
1 fresh jalapeno pepper, seeds removed, minced **
2 TBSP fresh lime juice
1/2 C diced cucumber or radishes (optional)
1/2 avocado, pit removed, diced (optional)

Directions

Combine all ingredients in a medium bowl, stir well.
Cover and chill for 1 to 4 hours to allow flavors to blend.

Cooking Notes

* If flavorful fresh tomatoes are not in season, substitute about 3/4 pound (2 to 3) Roma or plum tomatoes or 1 (15-ounce) can of diced tomatoes, drained.

** To adjust the heat, use more or less jalapeno.



Bean and Veggie Chili

Ingredients

2 tsp canola oil
1 lb. extra-lean ground beef or extra-lean ground turkey, or
1 10 oz. package frozen meatless crumbles, thawed
1 large onion, chopped
3 cloves garlic, minced
2 ribs celery, chopped
1 medium-size green bell pepper, chopped
1 medium-size red bell pepper, chopped
1 carrot, scrubbed and sliced thinly
1 15½ oz. can dark or light kidney beans, drained and rinsed
2 14½ oz. cans diced tomatoes
1 6 oz. can no-salt-added tomato paste
2 TBSP chili powder
1 tsp ground oregano
1 tsp ground cumin
1 tsp paprika
½ tsp black pepper
3 green onions, sliced thinly, optional
½ C chopped fresh cilantro, optional
½ C fat-free sour cream

Directions

1. Combine the oil, meat (or turkey or meatless crumbles), onion and garlic in a large pot over medium heat.
2. Cook and stir until the onion is wilted and the meat is lightly browned. About 6 to 8 minutes.
3. Add the remaining ingredients except the optional ones and the sour cream. Stir well, cover and reduce heat; simmer gently for 20 minutes. Adjust the chili powder, oregano and black pepper to taste.
4. Optional: Serve with green onions, cilantro and/or sour cream



Ingredients

1 lb. boneless, skinless chicken breast halves
2 tsp dried rosemary or Italian seasoning or other favorite herbs
1 14 oz. can reduced-sodium chicken broth
1 7¼ oz. jar roasted red bell peppers, water packed, divided
1 medium-size green bell pepper, trimmed, seeded and minced
4 oz. light cream cheese, softened
½ tsp garlic powder
½ tsp ground cumin
¼ tsp cayenne pepper
4 10-inch flour tortillas
2 C (about 4 oz.) shredded romaine

Directions

Place the chicken, rosemary (or other seasoning) and broth in skillet; cover. Simmer for 15 minutes or until the chicken is cooked to an internal temperature of 165°F. Cool slightly and slice into thin strips.

Mince half of the roasted peppers; set aside the other half. Combine the minced red and green bell peppers, cream cheese, garlic powder, cumin and cayenne. Spread the mixture evenly over each tortilla. Place the chicken evenly among the 4 tortillas. Top with the remaining roasted peppers and romaine.

To assemble the wrap: Place the filling across the lower third of the wrap (or tortilla). Fold the bottom edge of the tortilla over the filling. Fold both the right and left sides inward. Continue rolling up tightly, tucking the ends in, and enclosing the filling. Place seam-side down on parchment wrap or foil, and then wrap it up. Cut in half diagonally. Slice each roll into 4 pieces just before serving. Secure with a toothpick if necessary. For faster assembly, substitute precooked chicken, available in the meat case.



Berry and Barley Spinach Salad

Ingredients

2 C cooked and cooled barley
1 TBSP olive oil
Juice and zest of 1 lime
5 ounces (4 cups) fresh baby spinach
¼ C finely chopped red onion
2 TBSP chopped fresh basil
1 avocado, diced
2 C fresh or defrosted berries
Optional: Salt and pepper, to taste

Directions

In a large bowl, gently mix together barley, olive oil, lime juice and zest, spinach, red onion, fresh basil, salt and pepper. Gently fold in avocado and berries. Serve salad immediately or chill and serve within 2 hours.



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

