This year, “Wear Red Day” was celebrated at the Diabetes Center for Excellence on Friday February 3, 2017. The Let’s Get Healthy Program provided various activities throughout the day for community members, such as: club circuit exercise class, a heart healthy breakfast bar featuring Mother Earth Eggs, a guided relaxation session, heart health presentation by Theresa Gardner, FNP, a heart healthy luncheon and demonstration, community screenings for glucose and blood pressure, a fitness demonstration and prizes.

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

**What Are Probiotics and What Do They Do?**

Probiotics are the "good" bacteria or live cultures, just like those naturally found in your gut. These active cultures help change intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. For instance, probiotics have been used for management of irritable bowel syndrome symptoms. Some strains of these live cultures may help prevent specific allergy symptoms, reduce symptoms of lactose intolerance and more. There are numerous new studies showing that probiotics are helpful for more than just intestinal health, there are possible links to decrease depression and anxiety too.

**Probiotics in Your Diet:**

To obtain more probiotics from your meals, try including fermented dairy foods including yogurt, kefir, and aged cheeses, which contain live cultures. For those that can’t tolerate dairy or follow a dairy free eating plan there are some non-dairy foods which also have beneficial cultures, including kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.
Healthy eating advocates often tell people to "eat the rainbow." It’s a simple way of reminding you that a variety of fruits and vegetables in your diet will get you the vitamins and minerals you need. It also brings attention to the fact that you can learn a lot about your food just by looking at it.

Create your own Workout at Home

Create your own exercise circuits at home with no equipment needed. It can be a great way to get a good workout. According to the American Council on Exercise, a typical circuit training workout includes about 8-10 exercises. Try alternating strength/resistance exercises focused on different muscle groups with brief cardio bursts of 30 seconds to 3 minutes.

*Examples of exercises that can be used*

**Cardio Exercises**
- Jumping jacks
- Jumping rope
- Jogging or marching in place
- Stair climbing or step-ups

**Strengthening and Stability Exercises**
- Plank and side plank
- Pushups
- Sit-ups or crunches
- Hip lift or bridge position
- Triceps dips on a chair
- Lunges
- Squats or chair position
- Wall sits

**Safety Tips**
- If you’re unsure about any of these exercises, talk with your healthcare professional or a certified fitness trainer.
- Choose exercises that are appropriate for your level of physical fitness and ability.
- Rest or stretch between exercises as needed.
- When starting an exercise program, begin slowly with low-intensity exercises.
- Wear appropriate shoes for your activity and comfortable, loose-fitting clothing that allows you to move freely but won’t catch on other objects.
- Warm up with low-intensity exercises at the beginning of each exercise session.
- Drink water before, during, and after your exercise session.
- Stop if you have pain or pressure in your chest, neck, shoulder, or arm or feel dizzy or sick to your stomach.
- Breathe regularly; exhale as you push or lift and inhale as you relax. Don’t hold your breath during strength exercises.
- Build up your time and number of repetitions slowly as your fitness improves
Green Smoothie

**Ingredients:**
- 1 TBSP lime juice
- ½ cup green grapes, washed
- 3/5 cup frozen mango
- 1 c fresh baby spinach or other greens
- ¼ cup cold water

**Directions:**
Add all ingredients to a single serve blender. Blend until smooth. Chia seeds or milled flax seeds can be added, you may need extra water.

Overnight Chocolate Chia Seed Pudding

**Ingredients:**
- 1 1/2 cups Almond milk, unsweetened
- 1/3 cup chia seeds
- 1/4 cup unsweetened cocoa powder
- 2 TBSP liquid sweetener: agave nectar, honey or maple syrup (less if you prefer)
- 1/2 tsp ground cinnamon
- 1/2 tsp pure vanilla extract

**Directions:**
Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. Sweeten to taste with liquid sweetener. Let rest covered in the fridge overnight or at least 3-5 hours or until it is a pudding-like consistency. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.

One Pan Meal - Chicken, Carrots and Red Potatoes

**Ingredients:**
- 2 TBSP olive oil
- 1 bag of baby carrots (4 cups total)
- 4 medium size red potatoes, washed and chopped
- No salt spice like Mrs. Dash, to taste
- 2 boneless, skinless chicken breasts cut in half

OR
- 4 thinly sliced chicken breasts

**Directions:**
Preheat oven to 350 degrees. In a 9x13 casserole dish, drizzle 1 TBSP olive oil. Place chicken in a row in the middle of dish. Add the chopped red potatoes in a row to one side of the dish. Add the baby carrots to a row on the other side of the dish. Drizzle with remaining 1 TBSP olive oil and sprinkle with no salt spices as desired. Cover with foil and bake for 30-45 minutes. Remove foil and enjoy warm.

EACH Plate should include:
one serving of chicken breast, 1/2 cup red potatoes and 1 cup carrots.
Baked Egg and Veggie Bites

Makes 10-12 egg bites

Ingredients:
6 whole eggs
2 TBSP skim or 1% milk
fresh vegetables, chopped
(bell peppers, onions, mushrooms, broccoli)
shredded cheddar cheese, reduced fat

Directions:
Preheat oven to 350 degrees.
Spray a non stick muffin pan with cooking spray or “grease” with a small amount of olive oil.
Add about 1/4 cup veggies and cheese in each tin.
Whisk together eggs and milk and pour into each tin over veggies.
Place muffin tin on center rack. Bake until set and starting to get golden brown 20-25 minutes.
Let cool. Can be refrigerated or frozen for use all week.

Make it a meal: 1 or 2 Egg and Veggie Bites with whole grain toast and berries.

Overnight steel cut oats

Ingredients:
4 cups of water
1 cup of oats

Directions:
Bring water to a boil, reduce heat and add oats. Simmer for one minute, stirring often. Cover and let sit overnight. In the morning, reheat, add some fruit and protein for a balanced meal. Banana, flax seed and natural peanut butter are good options.
A serving is 1/2 cup cooked oats, 2TBSP flax seed, 1TBSP peanut butter and 1 medium banana.

Blueberry-Maple Muffins

Ingredients:

*Tip: No buttermilk? Make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup low fat milk.
Culture Enrichment Week

The Let’s get Healthy Program teamed up with lakw’shatste Youth Fitness for an afternoon of fitness for the ACDP & ACFS culture camp! Activities were held February 22nd at Heart to Heart Fitness where the youth participated in circuit training, fitness Bingo, stretching and mediation exercises, and enjoyed healthy snacks.
If you have a family history of diabetes or have signs or symptoms of diabetes and want to have your blood glucose checked, this is the event for you!

Health Screenings and Diabetes Risk Assessments
With the Let’s Get Healthy Program Nurses
Diabetes Center for Excellence
8am-4pm

“Open House” Public Fitness Class
Diabetes Center for Excellence
12:00pm-3:00pm
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.

*TTo take the Diabetes Risk Assessment online, go to http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/
The link will also be available at the Akwesasne Employment Resource Center and the Akwesasne Library and Cultural Center computer labs.

Treatment and Care for American Indians/Alaska Natives with Diabetes
Consider these sobering statistics from the U.S. Department of Health and Human Services Indian Health Service:

2.2 times higher — Likelihood of American Indians and Alaska Natives to have diabetes compared with Non-Hispanic whites
68% — Increase in diabetes from 1994 to 2004 in American Indian and Alaska Native youth aged 15-19 years
95% — Of American Indians and Alaska Natives with diabetes who have type 2 diabetes. A condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.
30% — Estimated percent of American Indians and Alaska Natives who have pre-diabetes.

American Indians and Alaska Natives are clearly at greater risk. Educate yourself on how to prevent type 2 diabetes if you don’t have it now, or how to effectively treat it if you’ve been diagnosed.
National Nutrition Month 2017

Special Events

Cooking Demonstrations
1) Be Prepared:
Make your breakfast ahead of time
When: Tuesday March 14th
9:00am-10:30am
Recipes: Veggie and Egg Muffins
Overnight Oatmeal

2) Skip the Fast Food Line:
Make your own lunch
When: Tuesday March 21st
11:00am-12:30pm
Recipes: Quinoa Salad with DIY Greek Dressing
Spinach Salad with DIY Strawberry Balsamic Dressing

RSVP By March 13th
If you have diabetes and have not seen the Registered Dietitian this year, please call to make an appointment.

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

Guided Relaxation
Diaphragmatic Breathing
Mini Meditations
Relaxation Response

These services are available by appointment

Please join the Let’s Get Healthy Program on Tuesday March 28, 2017 for Diabetes Alert Day:

Health Screenings and Diabetes Risk Assessments
With the Let’s Get Healthy Program Nurses
Diabetes Center for Excellence
8am-4pm

“Open House” Public Fitness Class
Diabetes Center for Excellence
12:00pm-3:00pm
All are welcome to join us in our fitness room.
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