To get started on your new journey to a healthier you, Schedule a Nursing Assessment with Cherie Bisnett, RN, BSN
Or Pamela McDonald – Lachance RN, BSN, PhD TODAY!!!!

Let's Get Healthy Program office hours: 8:00 am - 5:00 pm

THE POOL IS OPEN!
The pool at The Diabetes Center for Excellence is open!
For swimmers ages 18 years and up,
Locker rooms and showers available.
Max capacity is 10 swimmers.
Classes are FREE!
(Supervised swim and water aerobics)

The Let’s Get Healthy Program Office will be closed on:
January 1, 2019
New Year’s Day
January 21, 2019
Dr. Martin Luther King Jr. Day

Please remember to pick up your testing supplies early.

Guided Meditation
Group Meditation sessions in the Relaxation Lounge

Fridays 9:50 am

Guided meditation is a focused form of relaxation in which you create a mind and body connection.

Benefits can include: Stress reduction, Muscle relaxation, Lower blood pressure, Lower blood glucose, Reduce headaches, Sense of peace

*PLEASE*
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*REMEMBER*
Always wash your hands!

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Monday-Thursday 8-9am, 9-10am, 10-11am, 11am-12pm & 1-2pm

Community Classes:
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Public Fitness
Monday - Friday 5:00-8:00 am & 12:00-1:00 pm
*NEW* Friday 8:00 am-10:00 am
Saturday 7:00-10:00 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

Yoga
Tuesday & Thursday 1:00-2:00 pm

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

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Working Together Today to Build a Better Tomorrow

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Sodium

What is sodium?
It is a mineral found naturally in food and a part of salt.

Why do we need it?
Our bodies need sodium to maintain fluid balance, control blood pressure, keep our nerves working, and help our muscles relax. Some people are very sensitive to sodium. Their blood pressure may go up with added salt and salty foods. People can also gain water weight with added salt and salty foods.

How much do we need?
Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (less than 1 teaspoon of salt).

Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 milligrams of sodium a day (about 1/2 teaspoon of salt).

How can you control your sodium intake?
Read the Nutrition Facts Label
Look for the total amount of sodium and the % Daily Value (DV). If the Daily Value is 5% or less, the sodium amount is low. If it is 20% or more, then the sodium amount is high for that product.

Eat more fresh foods and limit pre-packaged or processed foods.
- Fresh foods are generally lower in sodium. Food that is pre-packaged or processed (food in cans, boxes, or packages) is higher in sodium.
- Eat highly processed foods less often and in smaller portions, especially cheesy foods, such as pizza, cured meats, such as bacon, sausage, hot dogs, and deli luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups.
- Buy foods lower in sodium or foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Avoid adding salt while cooking and at the table.
Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

Adjust your taste buds.
Cut back on salt little by little and pay attention to the natural tastes of foods. Always taste your food before adding salt. Your taste for salt will lesson over time.

Be aware that some over-the-counter medications may contain substantial amounts of sodium.
How are your sleep habits?

What do your sleep habits look like? Do you get enough sleep? The evidence shows that consistently poor sleep is linked with an increased risk of high blood pressure, type 2 diabetes, depression, stroke, heart attack, and obesity. For those who already have diabetes, poor sleep can lead to elevated glucose in the morning. This is because lack of sleep causes the brain to function less efficiently, releasing extra hormones which in turn elevate the blood sugar.

Those with diabetes may already be prone to decreased sleep related to elevated blood sugar which causes increased thirst with resulting increased trips to the bathroom. Low blood sugar can actually wake a person up with associated symptoms such as weakness, dizziness or sweating. Those with neuropathy in the legs may have difficulty sleeping due to pain. Also, those with diabetes are more prone to restless leg syndrome, which also leads to poor sleep. If experiencing any of these problems, please see your provider. If you already seem to be getting enough sleep but still feel tired, you may need to get screened for sleep apnea.

How can we change habits that may interrupt our sleep?

- Try to keep your bedtime waking and sleeping habits consistent
- Open the shades when you wake up – let the light in.
- Drink less caffeine, especially after 2 pm
- Try and cut back on fluids 90 minutes before bedtime
- Avoid alcohol before bedtime – it can cause a drop in blood sugar and make your sleep fitful
- Make sure your bedroom lighting is soft, warm and soothing. Blue lights increase attention and mood while reddish lights help sleep. Soft white bulbs are best.
- Artificial lights from TVs, ipads and computers carry the same blue light as mentioned above. Try and turn off all electronics at least 2 hours before bedtime.
- Warm feet promote good sleep. Wear socks to bed.
- Daily exercise is helpful in improving sleep, and of course diabetes. Before retiring, light stretching and yoga may help with relaxation and quality of sleep.

January Is National Blood Donor Month

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forego their blood donations. That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance.

Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person— the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.”

Why National Blood Donor Month is Important

A. Donating blood save lives
Someone needs blood every few seconds in the United States. And more than 4.5 million Americans would die every year without lifesaving blood transfusions. National Blood Donor Month helps us remember these vital statistics.

B. It’s the gift that keeps on giving
The American Red Cross needs 13,000 blood donations every single day to maintain an appropriate blood supply. Fortunately, eligible blood donors can donate blood every eight weeks.

C. It’s good for donors, too
The American Journal of Epidemiology reports that blood donors are 88 percent less likely to have a heart attack.

How to Observe National Blood Donor Month

1. Donate
Not just in honor of National Blood Donor Month, but in the simple spirit of providing the stuff of life to those who need it most. Donate now. Donate again in eight weeks. Repeat.

2. Inspire
National Blood Donor Month can inspire people to donate. And those donations can in turn inspire others to donate, creating an exponential increase in blood donations when and where they’re needed the most.

3. Learn and remember your blood type
What’s your blood type? Some examples: O positive donors are needed more often than other blood types. O negative donors are considered “universal donors.” AB positive donors are “universal recipients.”

![Image](image-url)
### Sweet and Spicy Toasted Mixed Nuts
**Makes: 2 cups**

**Ingredients:**
- 1/4 tsp each: cinnamon, cumin, chili powder, chipotle pepper, cayenne pepper-optinal
- 1/8 tsp ground nutmeg
- 3 TBSP butter (or buttery spread)
- 1 cup walnuts, shelled
- 1 cup pecan halves, shelled
- 1/4 cup brown sugar (or splenda brown sugar equivalent)
- 1 TBSP water
- 1 tsp Worchester sauce, low sodium
- 1/4 cup fresh cilantro, cleaned, stems removed, chopped (dried can be used too)
- 2 TBSP lime juice
- 1/4 cup fresh cilantro, diced, stems removed, chopped (dried can be used too)
- 1/4 tsp of each: chili powder, cumin, as desired

**Directions:**
- In a small bowl combine all spices, set aside. In a large skillet, melt the butter over medium heat. Add the walnuts and pecans, cook until toasted, about 4 minutes, stirring occasionally. Once toasted and fragrant sprinkle with spice mixture. Add the brown sugar, water and Worchester sauce. Cook and stir for 1-2 minutes or until sugar is melted. Remove all from the pan and place on foil lined cookie sheet to cool. 
- Store in an airtight container.

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### 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:**
- 2-15 ounce cans black beans, rinsed
- 1-14 ounce can diced tomatoes, no salt added
- 1 large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 3/4 teaspoon ground smoked paprika
- 1/4 cup water
- 4 teaspoons lime juice
- 1/2 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.

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### Tomato Salsa

**Ingredients:**
- 4 fresh ripe tomatoes, cleaned, cored, seeds removed and chopped
- 2 bell peppers, cleaned, cored, seeds removed and chopped
- 1/2 cup fresh onion, cleaned, outer layer removed and chopped (red, yellow and white can be used)
- 1/2 jalapeno, seeds removed and minced (use gloves)
- 1 clove garlic, peeled and finely minced
- 1/4 cup fresh cilantro, diced, stems removed, chopped (dried can be used too)
- 2 TBSP lime juice

**Directions:**
Prepare all ingredients and add to a mixing bowl. Mix well.
Can be stored for up to 3 days in an airtight container in the fridge

**Try This:**
- Roma tomatoes can be used
- You can omit cilantro and cumin
- Try adding black beans, rinsed and drained
- Try adding fresh parsley if you have it
- For spicy salsa can try habanero pepper in place of jalapeno pepper.
- Can be served as a side dish.

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### Hummus Dip

**Prep Time: 5 minutes**

**Ingredients:**
- 1–15 ounce can low sodium chickpeas (garbanzo beans)
- 2 TBSP lemon juice
- 1 TBSP olive oil
- 1 clove garlic, minced
- 1/4 tsp ground black pepper
- 2 TBSP parsley, minced

**Directions:**
Serve 1/4 cup liquid from chick peas, drain/rinse chickpeas in a colander. Combine chickpeas, lemon juice, tahini, garlic and pepper in a food processor. Process until smooth. Add a small amount of reserved liquid from chick peas if needed. Transfer hummus to a serving bowl and refrigerate.
Top the hummus with parsley and serve as a dip with veggies, chips or crackers.

**TRY THIS:**
Use hummus on sandwiches, wraps or pita to make a high protein sandwich!

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### Spinach Tortilla Chips

**Prep Time: 15 minutes**

**Ingredients:**
- 1 package of spinach tortillas
- 1/4 cup olive oil or less
- Garlic powder or other spices as desired.

**Directions:**
1. Preheat oven to 350 degrees.
2. Cut diagonally across the tortilla shell to make triangles.
3. Place on a non stick baking sheet.
4. Brush olive oil over each side of tortilla.
5. Sprinkle with spices.
6. Bake until golden brown and crispy on the edges about 8 minutes.
7. Check every few minutes and flip over, bake another few minutes.

Serve with hummus or your favorite salsa.

**LOWER IN FAT, CALORIES AND SODIUM THAN STORE BOUGHT**

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### DIY Baked Kale Chips

**Prep Time: 20 minutes**

**Ingredients:**
- 1 bunch of curly leaf kale, fresh
- 1 to 2 TBSP olive oil
- Salt free spices as desired
- 1 to 2 TBSP olive oil

**Other Items:**
- Parchment paper, kitchen scissors, salad spinner
- 1 package of spinach tortilla chips

**Directions:**
1. Preheat oven to 350 degrees.
2. Using kitchen scissors remove the leaves from the thick stems.
3. Tear leaves into small “chip size” pieces.
4. Wash and dry kale using a salad spinner.
5. Place in a bowl, massage 1 TBSP olive oil and spices into chips.
6. Line 2 baking sheets with parchment paper. Add kale to sheets in a single layer. Bake for 7 minutes, rotate baking sheets and continue to cook another 7 minutes or until dry and crispy.

Serve with hummus on sandwiches, wraps or pita to make a high protein sandwich!

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### Tomato and Mozzarella Skewers

**Ingredients:**
- Cherry tomatoes, rinsed and dried
- Fresh basil, rinsed and patted dry
- Fresh mozzarella balls, excess liquid removed
- Ground black pepper
- Good quality olive oil

**Directions:**
Alternate tomatoes, basil and mozzarella on a skewer. Sprinkle with black pepper and drizzle with olive oil. Serve at room temperature.

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If eating healthy is part of your New Year’s Resolutions for 2019 make an appointment with Heather Pontius, RD to get back on track!