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Let's Get Healthy Program
Diabetes Center for Excellence



National Cholesterol Education Month

National Cholesterol Education Month seeks to inform the public about the dangers of high cholesterol and its connection with the leading cause of death around the globe - heart disease. High blood cholesterol is a major risk factor of heart disease. If you have diabetes, cholesterol is one of the three keys to better manage your diabetes and lower your risk of heart attack and stroke.



Healthy Aging Month

Healthy Aging® Month is a national observance established to highlight the positive aspects of growing older and to encourage adults to take proactive steps toward lifelong wellness. This year's theme is "Curiosity Has No Age Limit," encouraging lifelong learning, engagement, and wellness at every stage of life.



**We are closed Monday Sept. 7th in observance of Labor Day
& Wednesday Sept. 30th for Every Child Matters Day**



Understanding Your Cholesterol

What Is Cholesterol?

Cholesterol is a fat-like substance that helps your body build cells, vitamins, and hormones.

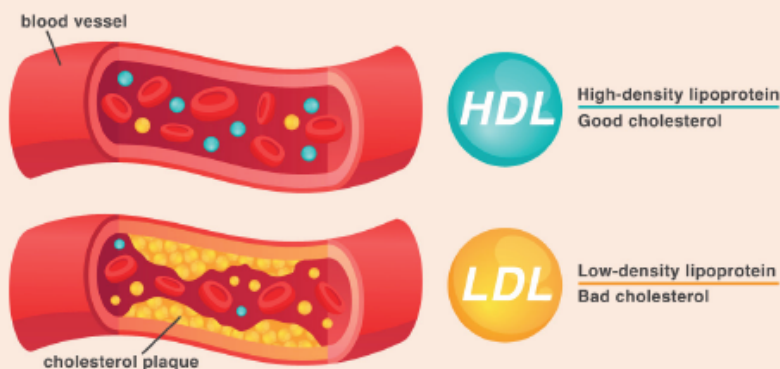
Too much cholesterol in the blood raises the risk of a heart attack or stroke.

People with diabetes have a higher risk of these conditions.

Check your cholesterol levels

A blood test called a **lipid panel** checks your cholesterol and triglyceride levels.

Cholesterol and Triglycerides



HDL **HDL cholesterol** is often called “good cholesterol.” Higher levels of HDL are linked with lower risk of heart disease.

LDL **LDL cholesterol** is often called “bad cholesterol.” It can build up in your blood vessels and block them.

Triglycerides are a type of fat in your blood. Your body uses them for energy. High levels raise your risk of heart disease and stroke.

Total cholesterol is a measure of all the cholesterol in your blood.

Recommended Levels

Total cholesterol	under 200 mg/dl
Triglycerides	under 150 mg/dl
HDL	over 40 mg/dl for men over 50 mg/dl for women
LDL	under 70 mg/dl if you have diabetes under 55 mg/dl if you have diabetes & heart disease



▶ Understanding Your Cholesterol ◀

Build Healthy Living Habits

Begin by making small, positive steps in your daily life.



Heart Healthy Living

- Exercise at least 150 minutes a week.
- Lose weight if you are overweight. A 5 to 10 pound loss may lower blood fats.
- Limit alcohol if you drink.
- Quit smoking or vaping.
- Take cholesterol medication if prescribed.

Heart Healthy Eating Choices

- Eat a wide variety of fruits and vegetables.
- Cook with healthier oils from plants such as olive, avocado, and sesame oil.
- Choose lean proteins, such as poultry, buffalo, elk, deer, and wild-caught fish.
- Eat fish twice a week. Fish, like salmon and sardines, have heart-healthy omega-3 fatty acids.
- Eat dairy foods that are low in saturated fat, such as low-fat or nonfat yogurt, milk, and cheeses.
- Choose high fiber whole grains like brown rice, corn meal, or whole grain bread.
- Choose sugary foods and drinks less often.



What Raises Cholesterol and Triglycerides?

- Family history (genetics)
- Eating foods
 - high in saturated fat
 - high in sugar and carbohydrates
 - low in fiber
- Not getting enough physical activity
- Being overweight
- Drinking too much alcohol
- Smoking
- Uncontrolled diabetes
- Certain medications



Healthy Aging

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by National Institute on Aging and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age.

Taking care of your physical health

Get moving: Exercise and physical activity- Whether you love it or hate it, physical activity is a cornerstone of healthy aging. A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes.

Healthy eating: Make smart food choices- Dietary Guidelines for Americans suggest an eating pattern with lots of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins

Get a good night's sleep- Aim for 7-9 hours

Go to the doctor regularly- Regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels.

Taking care of your mental health: Mental health, or mental wellness, is essential to your overall health and quality of life. Several recent studies show that older adults who are socially isolated or feel lonely are at higher risk for heart disease, depression, and cognitive decline. Manage stress, overall mood, and isolation by practicing wellness techniques like yoga, meditation, keeping a journal, and reaching out to friends and family to help you cope in a positive way. Research shows that leisure activities and hobbies may also be good for your health by improving quality of life, cognitive function, memory and reduce stress. Even hobbies as simple as reading and volunteering to be more active in your community have a positive impact.

Taking care of your cognitive health: Cognition- the ability to clearly think, learn, and remember- often changes as we age. Daily choices make a difference, in data from an NIH study with 3,000 participants, researchers scored participants on five healthy lifestyle factors:

- At least 150 minutes per week of moderate- to vigorous-intensity physical activity
- Not smoking and not drinking heavily
- A high-quality, Mediterranean-style diet
- Engaging in mentally stimulating activities; reading, puzzles, and playing games

The findings show that daily changes can add up to significant health benefits. Those who followed at least four of these healthy lifestyle behaviors had a 60% lower risk of developing Alzheimer's. Practicing just two or three activities lowered the risk by 37%.





Healthy Routines for Children & Teens

Parents can help children and teens develop healthy lifestyle behaviors, which are the building blocks of lifelong well-being.

Make sure children and teens get enough sleep: Youth need more sleep than adults, and the amount varies by age. Too little sleep is associated with obesity, partly because not getting enough sleep may make us eat more and be less active.

Reduce screen time: In young people, too much screen time is associated with poor sleep, weight gain, lower grades in school, and poor mental health. Cutting back on screen time also limits cues to eat unhealthy food. Limit the time children and teens watch television, play video games, or use a smartphone or tablet.

Encourage healthy eating habits: Promoting healthy eating among youth can support their overall well-being. There are many health benefits of healthy eating; Keeping skin, teeth, and eyes healthy, supporting muscles, helping achieve and maintain a healthy weight, strengthening bones, supporting brain development and healthy growth, boosting immunity and helping the digestive system function.

To help children and teens develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Include milk dairy products, such as low-fat cheese and plain yogurt.
- Limit foods high in saturated fat, added sugar, and salt
- Encourage your family to drink water instead of sugary drinks.

Small changes every day can lead to significant health improvements.

Help children and teens stay active: In addition to being fun, regular physical activity has many health benefits, including; strengthening bones and muscles, decreasing blood pressure, reducing risk of several chronic diseases, including type 2 diabetes and obesity, reducing risk of depression, and boosting academic performance by improving attention and memory. Children 3 to 5 should be active throughout the day. Children and teens 6 to 17 should be physically active at least 60 minutes each day. This group needs:

- Aerobic activity, which is anything that makes their heart beat faster.
- Bone-strengthening activities such as running or jumping.
- Muscle-strengthening activities such as climbing or push-ups.

Make physical activity part of your family's daily routine by taking walks or playing active games together. Remember that children imitate adults. Start adding physical activity to your own routine and encourage your child to join you.



New Fitness Announcements

STRONGER TOGETHER

Starting September 2nd

A FAMILY FITNESS CIRCUIT CLASS

MONDAY & WEDNESDAY
DIABETES CENTER FOR EXCELLENCE
4:15 - 5:00P.M.



- ▶ Family friendly exercises for all levels!
- ▶ Ages 8+
- ▶ At least 1 adult must participate with youth



**For every class you attend,
you will be entered into a prize drawing!**

For more information: Call (518) 358-9667

Beginner Mat Pilates *New Day & Time

Every Thursday in September

1:15 - 1:45PM

at the Diabetes Center





Fitness Room Classes

ELDER FITNESS

Monday, Wednesday & Friday
9:00 – 9:30 am

LUNCH CRUNCH

Monday – Thursday
12:15 – 12:45 pm

FAMILY FITNESS

Monday & Wednesday
4:15 – 5:00 pm

PICKLEBALL

Tuesday & Thursday
8:45 – 9:45 am
*Weather permitting**

EVENING CRUNCH

Tuesday & Thursday
4:15 – 5:00 pm

BEGINNER MAT PILATES

Thursday
1:15 – 1:45 pm

All fitness levels welcome

Check the Health Services
Facebook page for our
monthly fitness calendar



Fitness Room Hours:

**Monday – Thursday
7:00 a.m. – 5:00 p.m.**

**Friday
7:00 a.m. – 2:00 p.m..**

September Fitness Challenge

“Fall into Fitness”

Roll the dice to determine the number of
squat reps. Write your name on a leaf
and add it to our fall board.

Special challenge for September &
October lunch & evening crunch
classes:

For every 5 classes you attend, your
name is entered for a grand prize!



Recipes

Mexican Street Corn & Kale Salad

Yogurt Caesar Dressing:

1/3 C plain greek yogurt
2 TBSP extra virgin olive oil
2 TBSP lemon juice
1 TBSP dijon mustard
2 cloves garlic
3/4 TBSP anchovy paste (optional)
1/3 C parmesan cheese, grated
1/4 tsp salt & black pepper
water to thin, as desired

Salad Ingredients:

2-3 bunches of romaine lettuce, chopped
1 C of quinoa, cooked
1 avocado, diced
1/4 C parmesan
1/2 pint cherry tomatoes, halved



Crispy Chickpeas

1 can chickpeas, drained, rinsed and patted dry
2 TBSP EVOO
1 tsp garlic powder
1/2 tsp onion powder
Salt & pepper to taste

Directions:

Blend all dressing ingredients until smooth. Add additional water to thin it out as desired. Heat oven to 400F. Place chickpeas on a sheet pan and season with all ingredients. Bake for 15 minutes at 400F, stir then bake for an additional 15 minutes until crispy. Let them cool for at least 5 minutes before adding to the salad. Assemble the salad. Top with crispy chickpeas and drizzle with yogurt Caesar dressing prior to serving. Makes 4 servings.

Honey Chipotle Chicken Bowls

For Serving:

Cooked white rice
Corn
Avocado crema
Fresh cilantro, chopped



Ingredients:

1 lb boneless skinless chicken thighs
3 TBSP honey
1 TBSP chipotle in adobo sauce
1 chipotle in adobo pepper
1 tsp onion powder
1 tsp garlic powder
1/2 tsp salt
1/4 tsp pepper
1 TBSP olive oil
1 lime, juiced

Directions:

Place chicken in a large bowl. Add the honey, chipotles in adobo, onion powder, garlic powder, salt, pepper, olive oil and half of the lime. Toss to coat. Marinate for 30 minutes or up to 4 hours. To cook, heat a large skillet over medium high heat with olive oil. Add in chicken and cook for 4 minutes on each side or until the chicken reaches an internal temperature of 165. Remove the chicken and allow it to rest for a couple of minutes. Squeeze half of the lime onto chicken. Cut into bite size pieces. Assemble the bowls with rice, corn, chicken. Add additional toppings if desired and enjoy!