



Monthly News

Chronic care Active Management & Prevention

"Empowering people and communities to promote healthy lifestyles and improve the quality of life for people with chronic illnesses."

Spring into Fitness! Retrieved from www.shape.com

Tired of your usual workout routine and ready for something new? With spring just around the corner now is the perfect time to revamp your fitness routine, start a new physical activity program, or just get outdoors and enjoy the warmer temps and sunshine! This year I challenge you to do some "spring cleaning" for your body and health by dusting off those hiking boots, getting rid of the junk food in the pantry, and to throw away unhealthy habits for good!

Below are some tips to help kick start your spring fitness program and get you out the door on your way to becoming healthier. Staying motivated and committed to engaging in physical activity and making healthy lifestyle choices will help you lose weight, improve your mood, and get you in top shape for summer activities and fun! -Christina Blandford, BS

Spring Fitness Tip: Book a physical. Believe it or not, only about 20 percent of Americans get an annual check-up. Be one of them! While you might look and feel just fine (or really hate needles), it's important to keep tabs on things like blood pressure, cholesterol and vitamin deficiencies before designing your workout program.

Spring Fitness Tip: Set a schedule...but be realistic. If you haven't been working out much this winter, don't write down that you'll do outdoor cardio exercises for 30 minutes a day, six days a week. You'll only find yourself getting frustrated and will be more likely to give up on your workout program. Post your exercise plan in places you'll look frequently, such as on the fridge and at your desk at work.

Spring Fitness Tip: Team up. You're more likely to stick with your plan if you've got a partner in crime. Choose someone who has similar goals who's schedule fits with your own. Your best bet: Get together at the same time four days a week, whether it's before work or just before dinner.

Spring Fitness Tip: Clean out your pantry. Still have that tin of popcorn from the holidays or a box of chocolates from Valentine's Day? Get rid of them. And while you're at it, throw away other foods low in nutritional value, like chips, pretzels, sugary cereals, white bread and, yes, even those 100 calorie snack packs (a cookies still a cookie, even if you squash it flat and drop five in a bag).

Spring Fitness Tip: Protect your skin. Now that it's warming up, you'll be heading outside again. This means more sunshine (and vitamin D, which is a good thing), but it also means that your skin is exposed to harmful UV rays. Rub waterproof lotion with at least SPF 15 or more over all exposed areas of your body.

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The Ex Plan By Rahnia Parker, CAMP Director and Tobacco Treatment Specialist

Quitting tobacco is a very personal experience and can be a very difficult one for someone to go through. It's especially helpful to plan ahead, be prepared, and to get as much support as possible. That support can come from a variety of sources: your healthcare provider like your doctor, a friend, the Alaska Quitline, a tobacco treatment specialist, or online resources. CAMP can help you identify the best support system for you based on your personal preferences.

If you're looking for a helpful online resource to help you quit using tobacco, I suggest checking out www.becomeanex.org. It's a project of the National Alliance for Tobacco Cessation and has a variety of ways to get support including a

community post section where users can give or ask for tips and information, it has education on many aspects of smoking and quitting, it has tips for quitting, and blogs and forums.

The EX Quit Plan is all about you http://www.becomeanex.org/learn_how.php (from the website)

The way to quit smoking is to re-learn everything you thought you knew about how to quit. Instead of just throwing your cigarettes out one morning and trying to stop smoking, you can use the free EX quit smoking plan to prepare yourself by "re-learning life without cigarettes." EX will help you pick your smoking habit apart into little pieces you can tackle one by one. Once you begin, you'll start to look

at quitting smoking not as one huge war, but as a series of small battles you can actually see yourself winning. By the time you are ready to quit smoking, you'll be able to do more than just toss your pack in the trash and cross your fingers. You'll have already done a lot of the hard work. You'll have prepared to quit smoking by re-learning all those things in your life that are tied to smoking.

It's worth checking out if you're looking for more information AND it's free! It may be what helps you to completely quit the habit!

Remember, only you can decide when you're ready to quit tobacco, when that time comes we are ready to help.

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Healthy TIP

Learn to read labels and avoid foods with saturated and trans fats, simple sugars, or processed grains as one of the first 5 ingredients.

Check it out!

www.becomeanex.org

HEALTHY RECIPE

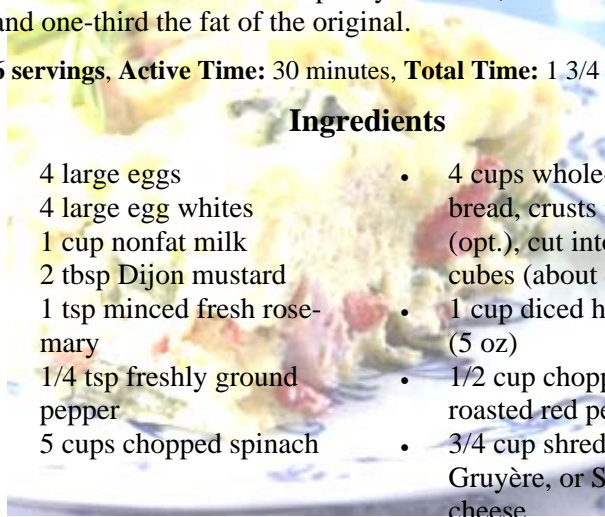
Ham and Cheese Breakfast Casserole Retrieved from www.eatingwell.com

This healthy update of a traditionally rich ham-and-cheese breakfast strata is made lighter primarily by losing a few egg yolks and using nonfat milk. Gruyère cheese has a delicious, nutty aroma and flavor, which means that with the relatively small amount in this recipe you still get a big impact. To finish the makeover use nutritious, fiber-rich, whole-grain bread instead of white. The results: plenty of flavor, half the calories and one-third the fat of the original.

6 servings, Active Time: 30 minutes, **Total Time:** 1 3/4 minutes

Ingredients

- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 tbsp Dijon mustard
- 1 tsp minced fresh rosemary
- 1/4 tsp freshly ground pepper
- 5 cups chopped spinach
- 4 cups whole-grain bread, crusts removed (opt.), cut into 1-in cubes (about 4-6 slices)
- 1 cup diced ham steak, (5 oz)
- 1/2 cup chopped jarred roasted red peppers
- 3/4 cup shredded Gruyère, or Swiss cheese



Preparation

1. Preheat oven to 375°F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray..
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
3. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Nutrition Information

Per serving: 286 calories; 10 g fat (4 g sat, 3 g mono); 167 mg cholesterol; 23 g carbohydrates; 23 g protein; 4 g fiber; 813 mg sodium; 509 mg potassium.

Nutrition Bonus: Vitamin A (70% daily value), Folate (37% dv), Calcium (30% dv), Vitamin C (20% dv).

Exchanges: 1 starch, 1 vegetable, 2 medium-fat meat

Iditarod Healthy Challenge Results

This year 39 people participated in the CAMP department’s Iditarod Healthy Challenge (making a healthy goal and completing 3 healthy activities each day for at least four days). All participants were placed in a drawing for an iPod Nano and received a CAMP water bottle for their healthy efforts. Congratulations to Karen Baxter for winning the iPod Nano! The CAMP staff thanks all those who participated in this years Iditarod Healthy Challenge and encourages everyone to continue working toward their healthy goals!

Real Age Tip of The Day: 3 Sweet Ways to Eat Less Sugar www.realage.com

Any idea how much sugar you eat in the course of a day? The amount might startle you -- even if you don't have a soda habit or a sweet tooth, per se.

Most people take in about 430 calories of added sugar every day. That's a lot of waist-widening, nutrition-void sweetness! Here are three ways to add sweet without dipping into the sugar bowl.

3 Ways to Sweeten Stealthily

In their book, *The Good Housekeeping Complete Household Handbook*, the domestic experts at *Good Housekeeping* offer these three ideas for taking in the reins on your sugar intake:

1. **In your coffee pot:** Brew your morning coffee with a cinnamon stick or vanilla bean and ditch the flavored creamers. Just 1 tablespoon of flavored creamer can add 6 grams of sugar.
2. **On your breakfast:** Maple syrup adds about 50 calories and 12 grams of sugar per tablespoon. For a little sweet, add fresh fruit or purea fruit purees to pancakes and waffles. Or even oatmeal.
3. **In cookie recipes:** You can generally get away with cutting the sugar by up to a third in recipes for cookies,

cakes, or other baked goods. Try experimenting with a little less of the sweet stuff on your next batch of macaroons.

The Unsweet Truth....

Extra calories in sugar often turn into extra pounds, but that's not the worst of it. Studies suggest high sugar consumption could also increase the risk of heart disease and certain types of cancer -- particularly pancreatic cancer

References

The Complete Household Handbook, Hearst Books: New York, 2007.



Diabetes Corner

Diabetes Superfoods Retrieved from www.diabetes.org

Ever see the top 10 lists for foods everyone should eat to superpower your diet? Ever wonder which will mesh with your diabetes meal plan? Wonder no more. Your list of the top 10 diabetes superfoods has arrived.

All of the foods in our list have a low glycemic index or GI and provide key nutrients that are lacking in the typical western diet such as: CALCIUM, POTASSIUM, FIBER, MAGNESIUM, VITAMINS A, C, & E. There isn't research that clearly points to supplementation, so always think first about getting your nutrients from foods. Here is our list of superfoods to include in your diet:

1. Beans. Whether you prefer kidney, pinto, navy or black beans, you can't find better nutrition. They are very high in fiber giving you about 1/3 of your daily requirement in just a 1/2 cup and are also good sources of magnesium, and potassium. They are considered starchy vegetables but a 1/2 cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

2. Dark Green Leafy Vegetables. Spinach, collards, kale – these powerhouse foods are so low in calories and carbohydrates, you can't eat too much.

3. Citrus Fruit. Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

4 Sweet Potatoes. A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.

5. Berries. Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

6. Tomatoes. An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, iron, vitamin E.

7. Fish High in Omega-3 Fatty Acids. Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don't count in your goal of 6-9 ounces of fish per week.

8. Whole Grains. It's the germ and bran of the whole grain you're after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate. Pearled barley and oatmeal are a source of fiber and potassium.

9. Nuts. An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

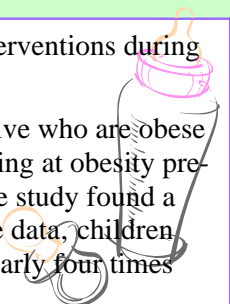
10. Fat-free Milk and Yogurt. Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D.

Some of the above list can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish. Foods that every budget can live with year round are beans and rolled oats or barley that you cook from scratch.

Baby Fat May Not Be So Cute After All By Roni Caryn Rabin New York Times

Most anti-obesity efforts for youth have targeted schoolchildren and teenagers, but some studies show that interventions during the toddler years, infancy, and in utero may prevent obesity and lower the risk of diabetes.

One in 10 children under age two years is considered overweight, and the percentage of children ages two to five who are obese increased from 5 percent in 1980 to 12.4 percent in 2006. Last year, an Institute of Medicine study began looking at obesity prevention in children ages zero to five years and examining sleeping, feeding patterns, and physical activity. One study found a link between gestational diabetes in the mother and diabetes in children among Pima Indians. According to the data, children born after the mother developed type 2 diabetes had a higher body-mass index in childhood, and they had a nearly four times





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www.nortonsoundhealth.org/diabetes/



Spring into Fitness continued...

(Continued from page 1)

Spring Fitness Tip: Pump up your playlist.

Still listening to the same tracks from December? Do some iPod "spring cleaning" by downloading a fresh workout playlist to get you going.

Spring Fitness Tip: Stretch out. The best way to prevent injury is to stretch before and after your workouts. Warm up with 10 minutes of light outdoor cardio exercises, followed by dynamic stretching—as in, stretching while moving. After your workout, complete "static" stretches—a.k.a. your typical "touch and hold" routine.

Spring Fitness Tip: Stay hydrated. Avoid muscle cramping and fatigue by drinking about two liters of water a day, and 17 ounces about two hours before exercising. Another general rule of thumb: The more you sweat, the more fluids you need to replace, so drink up after a vigorous workout.

Spring Fitness Tip: Change your thinking. Instead of designing goals based purely on weight loss, concentrate on how you feel. If counting calories has you down, think in

terms of portions instead. Constantly checking the clock during your workout? Chances are you need to find a sport or activity you actually enjoy.

Spring Fitness Tip: Step off the scale. Muscle weighs more than fat, so although you may look more toned, there's a chance you might not be shedding pounds at the rate you'd expect. To get an accurate measure of your progress, use measuring tape once every two weeks to see where you're trimming inches from your waist, hips, and other target areas.

Spring Fitness Tip: Tie on weights. Tone up arms and legs by doing your regular routine—whether it's walking to the store, cleaning your house or walking the dog—while using wrist and/or ankle weights to strengthen muscles through added resistance.

Spring Fitness Tip: Reward yourself. Don't forget to take care of your hard-worked body! Reward yourself with a new item of clothing, a massage, or even a weekend getaway after you reached a hard earned goal. Appreciate your efforts and you will be able to accomplish any challenge thrown your way!

Sudoku

Fill in each box with the numbers 1-9 so that each row, column and 3x3 box contains the numbers 1-9 once.

8	7		5					6
			7	2				9
6	5		4			2	7	
			7		9		2	
1					8			
		9	6					
		1			3			
5			4	7		9		
			9	6	1	4	3	