



QUARTERLY WELLNESS NEWSLETTER



April-June 2024



CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out and reduce stress without any special equipment

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



CARDIO EXERCISES

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees



STRENGTHENING AND STABILITY EXERCISES

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits

Learn more ways to add activity to your routine at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**

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WHAT IS YOUR FAVORITE WAY TO STAY ACTIVE? SEND US EVIDENCE OF YOU PARTICIPATING IN YOUR FAVORITE TYPE OF EXERCISE OR SEND US YOUR ROUTINE USING THIS GUIDE TO WELLNESS@NSHCORP.ORG TO RECEIVE AN INCENTIVE!





FOOD FOR THOUGHT BY KYLIE POTTER, RD

WHAT'S THE DEAL WITH FIBER?

What is fiber? Fiber is a type of carbohydrate that the body cannot digest. There are two types of fiber: soluble and insoluble. Soluble fiber dissolves in water and can help aid in blood glucose control as well as help lower blood cholesterol levels. Foods that contain soluble fiber include oatmeal, chia seeds, beans, lentils, apples, blueberries, and tundra berries. Insoluble fiber does not dissolve in water and helps food move through your digestive system. Foods containing insoluble fiber include whole wheat products, quinoa, brown rice, beans, chickpeas, lentils, leafy greens, and fruits and vegetables with edible skins.

Fiber helps keep you feeling fuller longer as well as helps keep your digestion regular. Most people do not meet the minimum recommended daily amount of fiber which is 25 grams per day. If consuming more than 25 grams per day, be sure to stay hydrated as consuming a high fiber diet without adequate fluid intake can lead to constipation!

Wanting to increase the amount of fiber in your diet? Here are a few tips:

- Eat whole fruits and vegetables rather than fruit or vegetable juices.
- Choose foods with at least 4 grams of fiber per serving
- Eat a high fiber breakfast! Can include a high fiber breakfast cereal, oatmeal, or overnight oats
- Add beans to your favorite stews, soups, and salads



RECIPE LIBRARY

Scan to access our favorite recipes!

SCAN



WE ARE LOOKING TO EXPAND OUR RECIPE LIBRARY TO INCLUDE MORE TRADITIONAL MEALS. SEND US YOUR FAVORITE ALASKAN RECIPE WITH A PICTURE TO WELLNESS@NSHCORP.ORG TO RECEIVE AN INCENTIVE!

STAFF SPOTLIGHT

KATHY HOLLY



WHAT IS YOUR ROLE WITH THE CAMP DEPARTMENT & WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

I do tobacco cessation with people who are trying quit smoking. I also do a lot of outreach work to promote tobacco cessation programs. What I love most about my job is helping people quit tobacco.

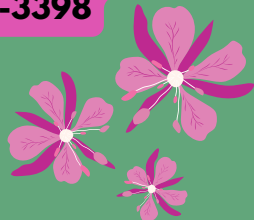
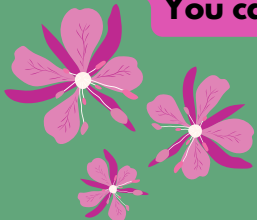
WHAT IS YOUR FAVORITE ALASKAN DISH TO PREPARE?

My favorite Alaskan dish is Tuttu soup

WHAT DOES WELLNESS MEAN TO YOU?

Wellness to me is going to the gym to lift and take a maqi

**Do you have questions for our Tobacco Program?
You can contact Kathy Holly at 907-443-3398**





WIC Updates
with Hilary Fello, RD, LD, CLC

FOLIC ACID IN PREGNANCY

Written by Alejandra Amezola, Summercise Intern 2020

Edited by Hilary Fello

Folic acid is an important vitamin that plays a crucial role in the first few weeks of a woman's pregnancy. Also known as vitamin B9 or folate, folic acid is an essential nutrient for the healthy growth and development of the fetus. It is important to ensure that expecting mothers are consuming enough folic acid to help prevent negative health outcomes and complications, like anemia and peripheral neuropathy for the mother, or neural tube defects (NTDs) like spina bifida and anencephaly for the baby. Beginning folic acid supplementation early, ideally before pregnancy, is most beneficial for preventing the development of NTDs and other health complications.

Dietary folate is present in foods such as dark leafy vegetables, legumes, egg yolk, and citrus fruits. Folic acid, the synthetic form of this nutrient, is found in enriched and fortified foods, such as certain types of rice, pasta, bread and many cereals. Fortunately, many of these foods can be purchased with WIC benefits! All WIC participants receive a cash value benefit (CVB) for fresh, canned, and frozen fruits and vegetables, including pregnant women who receive \$47 per month for these foods. Additionally, fortified cereals, whole grains, legumes like beans and lentils, and eggs can be purchased with WIC benefits. These benefits go a long way with the high prices of groceries in rural Alaska! Pregnant women can and should enroll in WIC from the earliest confirmation of their pregnancy to ensure access to healthy foods and receive nutrition education as early as possible.

Despite the many food sources, meeting folic acid needs during pregnancy through food sources alone is difficult, and therefore it is essential for pregnant women or women who may become pregnant to take prenatal vitamins or multivitamins with folic acid. If you are not sure if you are meeting your folic acid recommendations during pregnancy, speak with your provider or a dietitian, and for extra assistance meeting your folic acid needs, apply for WIC!

**Looking for Prenatal or Breastfeeding Support?
Call WIC at 907-443-3299**



CAMP hosted its second Certified Lactation Educator (CLE) training this February. Attendees traveled from throughout the region to receive evidenced-based training for offering breastfeeding classes, advocacy, and support. Instructor Christy Jo Hendricks, IBCLC, returned to teach a second cohort of students after her first visit to Nome in August 2023.

WELLNESS CORNER



WORLD NO TOBACCO DAY

World No Tobacco Day happens once a year, every May 31st. Since 1988, the World Health Organization (WHO) has used this day to highlight the negative effects of tobacco products.

“World No Tobacco Day 2024 will give a platform to young people across the world, who are calling for the tobacco industry to stop targeting them with products that are harmful to their health. Young people globally are calling on governments to adopt policies that shield them from the manipulative practices of tobacco and related industries, including the relentless marketing of their dangerous products through social media and streaming platforms.” - World Health Organization (WHO)

For more information, visit

<https://www.who.int/campaigns/world-no-tobacco-day>

RABIES PREVENTION:

A Message from the Office of Environmental Health

Rabies is a virus that passes through the saliva of infected animals, usually from a bite. Rabies can be passed from foxes to dogs and humans. In our region, rabies is always present at a low level in the fox population. Typically, there is an increase in cases in the winter/spring. The symptoms to watch out for in wildlife or pets include: sudden behavioral changes, aggression, fatigue, excessive drooling, uncoordinated movements, or biting at themselves or nearby inanimate objects.

If you are bitten or scratched by any animal, wash the wound with soap and water. Call your local clinic *immediately*. NSHC clinics are equipped with vaccine that can be administered to prevent an infection from progressing. This must be administered immediately after the bite. If rabies is not urgently treated, it is always fatal. Because our dogs more often interact with wildlife, the best way to prevent rabies is to keep them up to date on their rabies vaccination. Keeping dogs tied up also helps prevent dog bites. Any animal displaying symptoms of rabies should be reported to your local animal control officer or safety officer who will then contact the appropriate authorities.



Questions can be directed to:
NSHC Office of Environmental Health
907-434-1659



Newsletter Quiz

EMAIL WELLNESS@NSHCORP.ORG THE CORRECT ANSWERS TO THIS QUIZ AND EARN A CAMP INCENTIVE!

1. ___ AND ___ ARE TWO TYPES OF FIBER
2. NAME TWO SYMPTOMS OF RABIES THAT YOU MIGHT SEE IN WILDLIFE IN THE REGION
3. ___ AND ___ ARE FOODS THAT CONTAIN DIETARY FOLATE



Community Events

Want to host an event in your community? We can help! We have worked with schools, IRAs, and clinics to host the following events:

Food Demonstrations	WIC Family Nights
Group Fitness Classes	Craft Nights
Fun Runs	Talking Circles

SCAN

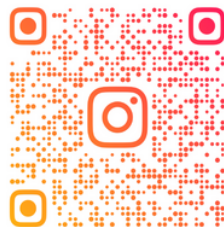


CAMP's online platform for scheduling group fitness, wellness activities, events and more!



Download the MINDBODY app to join our fitness classes

Learn more about the MINDBODY app here!



Did you know that CAMP has fitness DVDs and DVD players that are free to rent? Let us help you start your fitness journey! Call us for more information.



**NORTON SOUND
HEALTH CORPORATION**



**LIITFIK Wellness & Training Center
907-443-3365**

**<https://www.nortonsoundhealth.org/camp>
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