

DIABETES AWARENESS WEEK

NOVEMBER 9-13, 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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- Wear Blue DAY 
- Power Lunch Walking (NSHC lobby) 12:15pm—12:45pm
- Kahoot Trivia Questions
- Water goal: 64 oz
- Combo Walk/Run 20 minutes



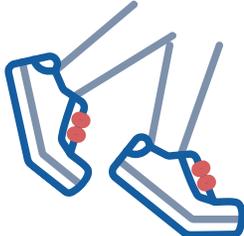
- Screenings 8:30am—11am
- Tobacco screenings
- 6am Strong Nation Zoom Class
- Kahoot trivia Questions
- Water Goal: 64 oz



- Attend the produce market at NSHC cafeteria! 1pm—3pm
- 7:30pm Strong Nation Zoom Class
- Kahoot Trivia Questions
- Water Goal: 64 oz



- Water Goal: 64 oz
- Kahoot Trivia Questions
- Walk for 30 minutes
- Write a note to say thank you to someone



- Nordic Walking Class 5:15pm—5:45pm
- Kahoot Trivia Questions
- Water Goal: 64 oz
- Watch our Virtual Food Demo to make a low-carb dinner!

Don't forget to redeem your incentives!

Initial the box next to each activity you complete. Turn in your completed form to the CAMP department: in person, or scan or take a picture of your completed form and email to wellness@nshcorp.org. Information about individual activities is included on the next page or visit <https://www.nortonsoundhealth.org/services/community-health-services/camp/>





Strong Nations Zoom Class
 Tuesday 11/10/20 @ 6:00 am—weekly
 Wednesday 11/11/20 @ 7:30 pm—weekly

Strong Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge, every burpee is driven by the music, helping you make it to that last rep. In each class you'll burn calories while toning arms, legs, abs and glutes. Strong Nation packs a total-body workout into 30 minutes. This efficient and focused class helps you fit fitness into any schedule.

Call CAMP @ 443.3365 or email wellness@nshcorp.org to request a Zoom link.

Nordic Walking Class
 Monday 12:15—12:45 pm
 Friday 5:15—5:45 pm

Join CAMP staff for a walking group that promotes physical and emotional wellbeing through exercise. Meet at NSHC lobby. Call CAMP @ 443.3365 for more details.

Health Screenings
 Tuesday 8:30am—11:00am

Screening includes: cholesterol & lipids, and glucose. NSHC, across from security desk on Level one. Earn Veggie Bucks or other incentives for participating! Call CAMP @ 443.3365 for more details.

Virtual Healthy Eating Cooking Demo via Zoom
 FREE ingredients and cooking kit to the first 25 people to register!
<https://www.nortonsoundhealth.org/services/community-health-services/camp/>

Easy Salmon Chowder

- 1 head of celery, chopped
- 5 carrots, chopped
- 1 onion, diced
- 5 slices of bacon, raw, chopped
- Water to cover vegetables once sautéed'
- 2 chicken bouillon cubes
- Dill
- Salt
- Pepper
- 1 salmon fillet, skin removed, chopped
- 1-2 cans of coconut milk



Sautee bacon and vegetables, season with salt and pepper. Once softened, add enough water to cover the vegetables and bouillon cubes. Bring to a boil. Reduce to a simmer and add raw salmon chunks, season with dill. Cook until salmon is cooked through, about 15 minutes. Stir in 1 can of coconut milk, add a second if you desire more creaminess.