



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



January 2010

Inside this Issue...

Discoverer Viewer News

Motivational Interviewing Corner:
GAWPOW!

Exercising at Home on a Budget

Meet Lifestyle Counselor: Hope
House, RN, BSN

Serving Size Card

Ways of Reducing Stress

Keeping Weight Off

What's Local



Discoverer Viewer has been upgraded resulting in changes to the following features:

- Worksheet List
- Formatting and Printing Options
- Saving Reports

To learn more about these upgrades, please visit the Discoverer Viewer News at:

<http://www.michigancancer.org/bcccp/WiseWomanProgram/PDFs/WWUpdate/FY10/January2010DiscovererViewerUpdate.pdf>

If you have any questions about Discoverer Viewer, please contact Mike Carr at 517-335-9954 or carmi@michigan.gov.



Motivational Interviewing Corner: GAWPOW!

*If you know how much I **don't like** acronyms, you might be asking – why an article about an acronym? This one (GAWPOW) is from a recent Motivational Interviewing newsletter seemed so “out there” that I figured it just might stick. ☺ Viki*

When working with clients to establish goals you can use GAWPOW as a template to lay on the plan. This will help to make sure you have addressed all aspects that will increase the likelihood of success.

G – What is the **goal**?

A – What **actions** need to take place to meet the goal?

W – **When** does the client want to do this?

P – What **people** are available to help/support the goal?

O – What are the **obstacles** or barriers to change?

W – How will you know the plan is **working**?

Exercising at Home on a Budget

~ Melissa Hammer
Berrien County Health Department

Gym memberships and exercise equipment can be costly. But the good news is you can exercise at home using everyday objects or even take advantage of the great outdoors. By exercising at home, you will save not only time but also money.

5 Simple Exercises

1. **Get Some Fresh Air.** Explore your neighborhood and try to meet your neighbors. You can walk or ride a bike; burning calories and being social are always a great combination. Be sure to look for trails in your area to explore.

2. **Stair Climbing.** Avoid the elevator and climb to your destination. You can do many different stair climbing exercises. My favorite – up one stair and back down. Up two stairs and back down. Up three stairs and back down, and so on. Don't forget to walk in place before and after this exercise to loosen your muscles.

3. **Laundry Lifts.** We all have laundry to do. Next time take that basket with laundry in it and lift it up over your head. Raise your arms up and lower them while keeping the basket over you head. This helps your shoulders, upper arms, and upper back muscles. Don't overdo it; make sure your laundry load is not too heavy. If it is, just take some laundry out until you reach a comfortable weight.



4. **Cans and Curls.** Take a sturdy pillow case and put a couple of canned foods into it. Holding that pillow case, bend your arm up. This will help build your biceps. Find a weight that is comfortable to you. More cans may be added gradually over time as you get stronger.

5. **DANCE, DANCE, DANCE!** Shut those blinds and curtains and crank up the music. No one will be able to see you except for possibly a beloved pet who will be amused. Play your favorite tunes with an energetic beat and let your body "bust a move". You will be burning calories and loving every second of it.

There are many more things you can do in the comfort of your own home; march in place while you do the dishes, knee bends while brushing your teeth, and sit-ups during commercials. Be creative and you will have fun!

Tips & Warnings

- Consult a doctor/physician before starting any new exercise
- Be careful not to overdo it – if you feel weak, stop your workout
- Use moderation and start new exercises slowly
- Stay consistent
- Stay Focused
- Have Fun!

Meet Lifestyle Counselor: Hope House, RN, BSN

Agency:

Health Department of Northwest Michigan - Emmet County

WISEWOMAN Affiliation:

Since October 2008

Professional Experience:

I have worked as a staff nurse on medical/surgical floors and as a nurse in a doctor's office. I currently work at the Health Department where, in addition to working in the WISEWOMAN program, I also work in WIC, Immunization clinics, Children's Special Health Care, and Northern Health Plan.

Favorite WISEWOMAN Success Story:

My favorite success story is a client who came in and was overweight and had several risk factors for both heart disease and diabetes. She was very interested in losing weight to be healthier and set a goal to exercise at Curves. We were able to help her join through our Northern Health Plan healthy activity voucher program. She ended up losing 40 pounds in 4 months and has maintained her weight loss!

Lifestyle Counseling Tip:

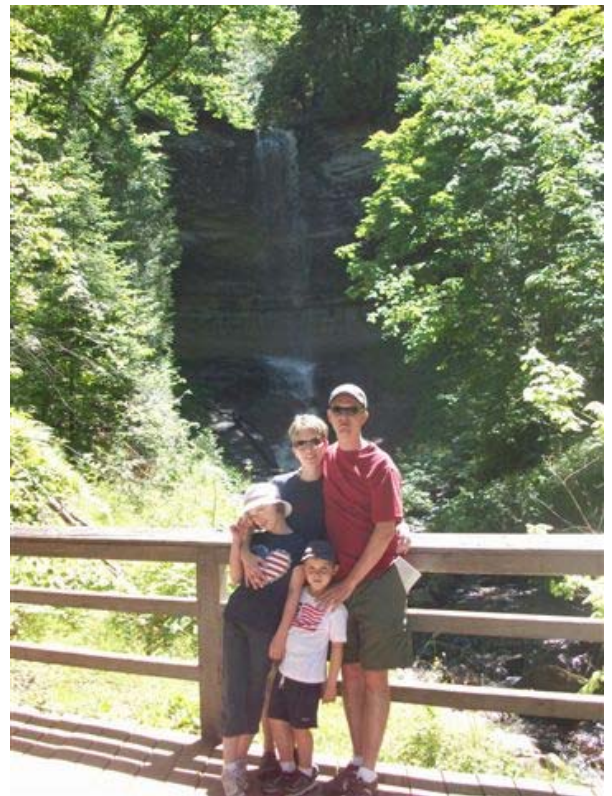
I think the most important thing is to really listen to them and meet them where they are. A lot of the clients that I see have a lot of things going on in their lives and sometimes the first meeting or conversation is us discussing these things and making referrals to various community organizations. I believe this helps establish a good relationship and as the stressors are dealt with they are more apt to open up and are able to focus on making healthy changes in their lives.

Special Skills:

I believe that I am a caring person and a good listener which goes a long way in this program. So many of the women that we see are not used to having someone take the time to listen to them and genuinely care. It helps them to realize that they are important and will be more open to taking time to focus on themselves in their steps to a healthier lifestyle.

More about Hope:

I live in Charlevoix with my husband of 11 years and our two beautiful children. My husband, Casey, is a plant manager at Destaco industries in Charlevoix. We have a daughter, Lauren, who is 9 years old and in the 4th grade. Our son, Joshua, is 6 years old and in kindergarten. We enjoy living in Charlevoix and are pretty active in the summer with swimming and boating, and in the winter skiing, snow shoeing, and sledding.



SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .

GRAIN PRODUCTS

1 cup of cereal flakes = fist



1 pancake = compact disc



1/2 cup of cooked rice, pasta, or potato = 1/2 baseball



1 slice of bread = cassette tape

1 piece of cornbread = bar of soap



1 Serving Looks Like . . .

VEGETABLES AND FRUIT

1 cup of salad greens = baseball



1 baked potato = fist



1 med. fruit = baseball

1/2 cup of fresh fruit = 1/2 baseball



1/4 cup of raisins = large egg



1 Serving Looks Like . . .

DAIRY AND CHEESE



1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices

1/2 cup of ice cream = 1/2 baseball



FATS

1 tsp. margarine or spreads = 1 dice



1 Serving Looks Like . . .

MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards



3 oz. grilled/baked fish = checkbook



2 Tbsp. peanut butter = ping pong ball

Ways of Reducing Stress

- Get enough sleep.
- Exercise and control your diet.
- Build a social support network.
- Create peaceful times in your day.
- Try different relaxation methods until you find one that works for you.
- Don't smoke.
- Don't drink too much or abuse any other substances.

http://newsinhealth.nih.gov/2007/January/docs/01features_01.htm

Keeping Weight Off

- **Keep eating fewer calories.**
- **Exercise regularly.** Over 90% of those who've kept their weight off use physical activity as part of their weight control program.
- **Eat a healthy breakfast.**
- **Weigh yourself daily.** Plan for how to get back on track if your weight begins to creep up.
- **Watch the fast food.** Try to eat fast food less than once a week, and eat out no more than 3 times a week.
- **Don't be a couch potato.** Try to exercise instead of eating while you watch TV.
- **Stay consistent.** Those who "go off their diet" on weekends, vacations, or holidays have a harder time keeping weight off.

http://newsinhealth.nih.gov/2006/April/docs/01features_02.htm

What's Local

2010 will kick off a new column for the Update. It's called "What's Local" and will have healthy recipes that feature whatever is "local" and in season in Michigan. Although I'm happy to come up with a recipe every month, I'd also be tickled if WISEWOMAN staff submitted recipes. [Click here](#) to view the Michigan Availability Guide, so you can track what's in season when. I'll let carrots kick off things..... Viki

Although they're few and far between on the grocery store shelves, you can still find an occasional Michigan grown carrot or two. Last winter I left my carrots in the garden and covered them with a thick layer of leaves. All winter long, all I had to do was go out and dig under the snow and voila – fresh, sweet, tasty carrots. This year I'm trying something new - storing them in boxes in the garage. So far so good (still crisp and crunchy!)



But whether you find Michigan grown carrots or carrots hauled in from warmer climates, this recipe will make for a tasty treat.

Ingredients

- 2 pounds carrots
- 2 Tablespoons olive oil
- Freshly ground black pepper
- ½ cup onion (chopped)
- 1 Tablespoon fresh thyme leaves (chopped)
- 1 Tablespoon fresh rosemary (chopped)
- 1 orange (cut into 8 wedges)

Preparation:

Wash and trim carrots, peel if desired, then cut in half crosswise. Heat oil on high in a large 12-inch skillet. Place carrots closely together in pan in single layer. Sprinkle with chopped onion and freshly ground pepper. Reduce heat to medium-low. Cover and cook, turning once after about 15 minutes. Continue cooking for about 15 minutes longer, or until fork-tender. Liquid should be evaporated and carrots beginning to caramelize at end of cooking time. Sprinkle with fresh herbs. Squeeze two of the orange wedges over carrots. Toss well and serve with remaining orange wedges. Serves 6.

Cook Time: 30 minutes