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Heart of Diabetes: We're Here to Help

The American Heart Association created the *Heart of Diabetes* program to raise awareness of the disease and to help people with type 2 diabetes take action to lower their risk for heart disease and stroke.

Now you can explore this site for important information about diabetes, insulin resistance, and related cardiovascular risks at www.americanheart.org/diabetes. You will also find ways to reduce your chances of heart disease and other complications.

You can also enroll in the *Heart of Diabetes* by following the link on the website entitled My Diabetes Tools so you can take a step toward achieving your treatment goal and better manage your type 2 diabetes.



Handouts for Nutrition Education

Below you will find free handouts that you are welcome to use for educational, non-profit purposes only:

- [100 Calorie Snack Guide](#)
- [10 Commandments of Weight Loss](#)
- [Best Quick Meals](#)
- [Carbohydrate 101](#)
- [15 Ways to More Fruits and Vegetables](#)
- [Fruit and Vegetable Puzzle](#)
- [Lean Meal Planner](#)
- [MyPyramid - Get the Facts](#)
- [Whole Grain Guide](#)





Resolutions 2

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Quit smoking, lose weight, be more active, floss daily - sound familiar? We've all made them, they are the infamous New Year's Resolutions. Many of us may have made the decision on January 1st to improve our lifestyles in some way, only to be disappointed on February 1st that we haven't made any progress. The start of a new year can be a great time to start a new healthy habit or kick a bad one, but the process should begin well before January 1st.

- **EVALUATE WHAT YOU ARE DOING WELL AND WHAT YOU CAN IMPROVE ON.** It's important to take an honest look at the good things you are doing and to make sure you are continuing those habits while you try to improve in other areas.
- **CHOOSE A REALISTIC GOAL FOR YOURSELF AND WRITE IT DOWN.** Keep your goal in a prominent place (the cover of your planner, on your refrigerator, or on your bathroom mirror are a few good suggestions). Your goal may be weight loss, say to lose 20 lbs. This could be realistic, if you have that much weight to lose and you give yourself a good amount of time to lose the weight. Losing 20 lbs. in 6 months is do-able, losing 20 lbs. in 3 weeks is not.
- **DEVELOP A PLAN.** Behavior change requires effort, so decide specifically what you will do to promote the behavior change and stick to your plan. "I will be physically active 4-5 days a week for at least 30 minutes" or "I will decrease my fast food intake to only 1 time per week" are great smaller goals that will ultimately guide you to your large goal of losing 20 lbs.
- **WRITE DOWN YOUR PROGRESS.** This will make you accountable and will help you to evaluate your progress towards your small goals.
- **FIND SUPPORT.** Tell your family and friends about your goals, and ask that they be supportive. You may also find support from a co-worker, a workout partner, or a web-based program such as an online chat room or discussion board. Whatever your preference is, it's almost always easier to reach a goal if you have others to rely on, especially when you are on the verge of giving up.
- **ANTICIPATE SETBACKS.** Making behavior changes is not easy. There will be challenges and you will regress at times. Be aware of and anticipate challenges as best you can. Accept that you have made a mistake and then get back on track. Don't let one slip (or even two or three) get you down. Each new day can be a fresh start.
- **REVIEW AND RE-EVALUATE YOUR GOALS ON A REGULAR BASIS.** Evaluate your progress. Be honest with yourself and make changes to your plan now if necessary, no need to wait until next January.

New Year's resolutions can be a good thing, but they must not be taken lightly. In order to be successful, it is best to evaluate where you are, choose a realistic goal, develop a plan, write down your progress, find support, anticipate setbacks, and review and re-evaluate as necessary. Follow these steps, and you are on your way to being a better you in 2009!

Tips for Overcoming Common Exercise Problems

Problem: I don't have enough time to exercise

Setting aside time to exercise can be a challenge. Use a little creativity to get the most out of your time.

- **Squeeze in a few 10-minute walks throughout the day.** If you don't have time for a full workout, don't sweat it. Shorter spurts of exercise spaced throughout the day offer benefits, too.
- **Get up earlier.** If your days are packed and the evening hours are just as hectic, get up 30 minutes earlier twice a week to exercise. Once you've adjusted to early morning workouts, add another day or two to the routine.
- **Claim the back row of the parking lot as your own.** Or park a few blocks away and walk quickly to your destination.
- **Rethink your rituals.** Your weekly Saturday movie with the kids or with your best friend could be reborn as your weekly Saturday bike ride, rock-climbing lesson, or trip to the pool.

Problem: Exercise is boring

It's natural to grow weary of a repetitive workout day after day, especially when you're going it alone. But exercise doesn't have to be boring.

- **Think of it as an activity.** If you choose activities you enjoy, you're more likely to stay interested. Remember, anything that gets you moving counts.
- **Vary the routine.** Rotate among several activities — such as walking, swimming, and cycling — to keep you on your toes while conditioning different muscle groups.
- **Join forces with friends, relatives, neighbors or co-workers.** Enjoy the camaraderie and offer encouragement to one another when the going gets tough.
- **Check out exercise classes or sports leagues at a recreation center or health club.** Learn new skills while getting a great workout.

Problem: I'm self-conscious about how I look when I exercise

Don't get down on yourself! Remind yourself what a great favor you're doing for your cardiovascular health, or focus on how much stronger you feel after a workout. Praise yourself for improving your stamina and making a commitment to lifelong fitness.

If you're still uncomfortable exercising in the presence of others, go solo at first. Try an exercise video, or consider investing in a stationary bicycle, treadmill, stair-climbing machine or other home exercise equipment. As you become healthier and more at ease with exercising, your self-confidence is likely to improve as well.

Problem: I'm too tired to exercise after working all day

No energy to exercise? Without exercise, you'll have no energy. It's a vicious cycle. But breaking the cycle with physical activity is one of the best gifts you can give yourself.

- **Try a morning dose of exercise.** Remember the suggestion to get up 30 minutes earlier to exercise? Hop on the treadmill or stationary bicycle while you listen to the radio or watch the morning news. Or step outside for a brisk walk.
- **Make lunchtime count.** Keep a pair of walking shoes at your desk and take a brisk walk during your lunch break.
- **Be prepared.** Put workout clothes on top of your dresser, socks and all. Keep a full water bottle in the fridge. Have an exercise video ready to go when you get home at night.
- **Hit the hay earlier.** Running on empty is no way to face a full day. Go to bed earlier to make sure you're getting enough sleep.

Tips for Overcoming Common Exercise Problems

~ continued~

Problem: *I'm too lazy to exercise*

If the mere thought of a morning jog makes you tired, try these thoughts on for size:

- **Set realistic expectations.** If your mental bar is too high, you might give up without even trying. Start with a walk around the block. Don't give up if you feel worn out. Take another walk around the block tomorrow. Keep it up, and eventually you'll no longer feel worn out. That's progress!
- **Work with your nature, not against it.** Plan physical activity for times of the day when you tend to feel more energetic — or at least not quite so tired.
- **Schedule exercise as you would schedule an important meeting or appointment.** Block off times for physical activity and make sure your friends and family are aware of your commitment. Ask for their encouragement and support.

Problem: *I'm not athletic*

Natural athletic ability isn't a prerequisite to physical activity. Try something simple, such as a daily walk. Better yet, team up with friends who are in the same boat. Have fun while helping each other work out. Don't worry about becoming a superstar athlete or joining the hard-bodied athletes at the fitness club. Simply focus on the positive changes you're making to your body and mind.

Problem: *I've tried to exercise in the past and failed*

Don't throw in the towel! You can't see it when you lower your cholesterol or reduce your risk of diabetes, but that doesn't mean you aren't doing yourself a great favor. Re-evaluate what went wrong and learn from your mistakes.

- **Pace yourself.** Start small and build up to more intense workouts later when your body is ready.
- **Set realistic goals.** Don't promise yourself you're going to work out for an hour every day, and then get down on yourself when you fall short. Stick with goals you can more easily achieve, such as exercising 20 minutes a day, three days a week for the first month.
- **Remember why you're exercising.** Use your personal fitness goals as motivation — and reward yourself as you meet your goals.

Problem: *I can't afford to buy fancy exercise equipment or join a health club*

You don't need a membership at an elite gym to get a great workout. Consider common-sense alternatives.

- **Do strengthening exercises at home.** Use inexpensive resistance bands — lengths of elastic tubing available in varying strengths — in place of weights. Lift plastic milk jugs partially filled with water or sand. Do push-ups or squats using your body weight.
- **Put in an exercise video.** Try videos on dance aerobics, cardio-kickboxing, yoga, or tai chi. For variety, trade exercise videos with a friend or check out the options at your local library or video rental store.
- **Start a walking group.** Round up friends, neighbors, or co-workers for regular group walks. Plan routes through your neighborhood or near your workplace, along local parks and trails, or in a nearby shopping mall.
- **Take the stairs.** Skip the elevator when you can. Better yet, make climbing stairs a workout in itself.
- **Try your community center.** Exercise classes offered at your community center or recreation department or through your local community education group might fit your budget better than an annual gym membership.

Food and Safety Tips for Healthy Holidays

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill.

Typical symptoms of foodborne illness are stomach pain, vomiting, and diarrhea, which often start a few days after consuming contaminated food or drink. The symptoms usually are not long-lasting in healthy people—a few hours or a few days—and go away without treatment. But foodborne illness can be severe and even life-threatening to those most at risk:

- older adults
- infants and young children
- pregnant women
- people with HIV/AIDS, cancer, or any condition that weakens their immune systems

1. Clean: The first rule of safe food preparation in the home is to keep everything clean.

- Wash hands with warm water and soap for 20 seconds before and after handling food.
- Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item and before going on to the next item.
- Rinse fruits and vegetables thoroughly under running water and use a produce brush to remove surface dirt.
- Do not rinse raw meat and poultry before cooking. Washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops.

2. Separate: Don't give bacteria the opportunity to spread from one food to another (cross-contaminate).

- Keep raw meat, poultry, and seafood and their juices away from foods that won't be cooked while shopping in the store, and while preparing and storing at home.
- Consider using one cutting board only for foods that will be cooked (raw meat, poultry, and seafood) and another one only for ready-to-eat foods (such as raw fruits and vegetables).
- Do not put cooked meat on an unwashed plate that has held raw meat.

3. Cook: Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

- Color is not a reliable indicator of doneness. Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F. Make sure oysters in oyster dressing are thoroughly cooked.
- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
- Don't eat uncooked cookie dough, which may contain raw eggs.

4. Chill: Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.

- Refrigerate leftovers and takeout foods within two hours.
- Set your refrigerator no higher than 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.
- Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.
- Don't taste food that looks or smells questionable. A good rule to follow is, when in doubt, throw it out.

