



Mno-Bumadzewen

Living in a Good Way | Volume 1 | January 2019



News

• **Diabetes in Motion 2019** — Kick off the new year with a plan to meet the new 2019 Diabetes in Motion Program requirements! Complete three out of the five requirements for a veggie box and four out of the five requirements for a pair of Nike N7 shoes.

Requirements:

1. Complete a kidney function test
2. Attend a Registered Dietitian Nutrition Appointment or Group Education Program
3. Demonstrate a documented improvement in A1C at or maintain below 7.0 over a three month period
4. Demonstrate a documented improvement in blood pressure or maintain a blood pressure less than 140/90 mmHg over a three month period
5. Meet with a Health Coach, Behavioral Health Clinician or Tobacco Treatment Specialist and complete a recommended action plan over a three month period

Program is open to patients utilizing an NHBP Health Facility for diabetic care.

• **Winter Meltdown** — Don't forget to participate in the annual Winter Meltdown program. This six week program is designed to help participants prioritize health goals, whether it be weight loss, nutrition, stress reduction or anything in between. Registration begins the week of February 4 in the Grand Rapids and Pine Creek locations.

For questions about Winter Meltdown or Diabetes in Motion, please contact the NHBP Health and Human Services Department at 269.729.4422.

• **Heart Health Gala** — Join NHBP for an afternoon of learning the importance of laughter and heart health. Enjoy interactive booths about health education, cultural resilience and a special performance from Native comedian Adrienne Chalepah. Registration opens January 2 and closes January 25. Register online at members.nhbpi.org/heart-health-gala!



Recipe: No Bake Breakfast Cookies

Ingredients:

- ¾ cup peanut butter
- 1 tablespoon maple syrup
- 1 teaspoon vanilla
- 2 tablespoons chia seeds
- ¾ cup old fashioned oats
- Extras: chocolate chips, almonds and dried fruit



Instructions:

1. Microwave peanut butter, maple syrup and vanilla for 20 seconds. Stir mixture.
2. Add remaining ingredients and mix well.
3. Roll mixture into eight balls and flatten into cookie form.
4. Store in a container in the fridge for up to two weeks.

Serving size: One cookie, 180 calories

BREAK *the* FAST

We've all heard the phrase "breakfast is the most important meal of the day," but do you know why? Breakfast truly is the most important meal because it jump-starts your metabolism and sets the tone for the rest of the day.

Breakfast is, quite literally, breaking the fast of the six to ten hours that an individual has been asleep. During this time, the body goes into sleep mode. All organs operate at a slower state, meaning less calories are burned and one is preserving energy. This doesn't change until the body breaks the fast. By eating in the morning, it helps to kick-start the metabolism and promote the body to operate at full capacity. Eating in the morning is also helpful with ensuring that one does not eat as much throughout the day. This is due to the fact that the body is not starving at lunchtime, which assists in preventing the possibility of overeating.

When eating breakfast, be sure to choose something with sustenance such as eggs, a protein shake with fruit, whole grain toast and peanut butter, or oatmeal. These are all things that take time to burn off, which makes us feel full, longer.

Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.