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Living in a Good Way | Volume 3 | March 2020



News

Couch to 5K April 20 to June 12

Participate in a couch to 5K program for 8 weeks, with the overall goal of being able to complete a 5K. This program will lead up to NHBP's Light Up the Rez 5K June 12, 2020. Walking and running groups will meet once per week. The goal of the program is to get individuals prepared to walk or jog a 5K. There will be three different levels to the program: a level focused strictly on walking, a level with a typical couch to 5K format including both walking and jogging, and a level to advance your 5K time, if you are already a runner. Contact NHBP Health Educator Shelby Brueck for more information and to register for the program at shelby.bruek@nhbp.org or 269.729.4422.



Grocery Store Tours Pine Creek April 14 and April 28

The grocery store can be a great place to start learning about making nutritious food choices. NHBP Registered Dietitian Erin Stark will be teaching how to make healthy choices, while staying within a budget, at the nearest Meijer store location. Participants will meet at the Pine Creek Indian Reservation and head over to the grocery store. Please contact Erin Stark at 269.704.1480 or erin.stark@nhbp.org by April 7 to sign up. Space is limited!



Recipe: Quick and Easy Chocolate Fruit Dip

Ingredients:

- 1 cup plain Greek yogurt
- 1 1/2 tablespoons honey
- 2 tablespoons cocoa powder
- 1/4 teaspoon vanilla
- Pinch of cinnamon



Nutrition Information For 1/4 cup of dip

- 0 grams of fat
- 65 calories
- 10 grams of carbs
- 6 grams of protein

Instructions:

Mix all ingredients together in a small bowl. Serve with apple slices, strawberries, bananas, or any fruit that you enjoy! Makes enough dip for 4 servings.

NATIONAL NUTRITION MONTH

March is National Nutrition Month. During this month, we celebrate all that food does for us. This year the theme is "Eat right, bite by bite." This theme encourages small changes that can be made bite by bite, to improve our health through the foods we choose. Enjoy chips and guacamole? Have you ever tried vegetables with guacamole instead? Try dipping bell pepper sticks or carrots into that creamy guacamole to increase your vegetable intake and decrease salt intake! Are you currently drinking or using whole milk to cook with? Go for a 2 percent or skim milk to lower your saturated fat intake; your heart will thank you! Lastly, just by rinsing canned beans and vegetables under running water, we can reduce up to 40 percent of the added salt! Eating right, bite by bite, can take your nutrition to new levels this month!

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.