

* News *

COOKING DEMONSTRATION

Learn to Cook with Tofu

-Vegetarian
-High in protein
April 19th
2:15 to 3:30pm
LGHP Office

Come to Club Circuit stay for the cooking demo!!

RSVP by April 17th
4 spots available.

Call Heather Pontius 358-9667

Exercise Classes: Move For Health

Nurse supervised exercise classes: Monday-Thursday
Class times:
8-9 9-10 10-11 11-12

Community Classes: Club Circuit

Tuesday and Friday
1:30-2:15pm
AHA Training Center

Body Works

Monday and Thursday
4:30-5:15pm
AHA Training Center

All exercises classes offered by The Let's Get Healthy Program are free.

Please wear comfortable clothes and bring clean, dry footwear to change into.

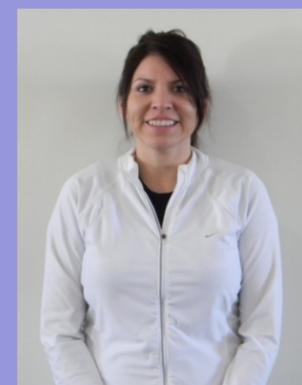


Onerahtohkó:wa/April 2013

Tsitewatakari:tat/The Let's Get Healthy Program
Akwesasne Housing Authority, Training Center
518-358-9667

The Let's Get Healthy Program Welcomes New Staff to our team! Heather Garrow-Program Coordinator

Please welcome Heather Garrow selected as the new Diabetes Coordinator, for the Let's Get Healthy Program. Heather comes to the Diabetes Program with a four year degree from SUNY Potsdam, in Community Health. She has a strong knowledge base of Diabetes Type 2 and "sees" prevention as a key element for treatment. Heather will lead our Diabetes Team into the new Diabetes Center of Excellence, along with her staff. Heather can be reached 518-358-9667.



Calandra Curleyhead -Health Promotion Specialist
Calandra joins our team as an emergency hire to help with our fitness classes here at LGHP. Calandra is active in local sport teams participating in soccer, volleyball and hockey leagues.



Community Classes at The Let's Get Healthy Program in March



Chips and Dips Cooking Class-March 15th



Club Circuit:Exercise Class-March 26th



Herb Gardening Workshop-March27th

Swimming Program in Massena at the high school pool.

Water aerobics-adults all levels.
Monday & Wednesday 5:30-6:30pm
\$3 per person
Family swim-all ages,all levels.
Tuesday & Thursday 6:00-8:00pm
\$3 per person/\$10 max for family

APRIL IS STRESS AWARENESS MONTH!

It's a Great Time to RELAX!
Relaxation: as it relates to your health and well being.

Try a few different techniques to help you relax.

- Mini relaxations
- Guided relaxations
- Proper breathing techniques

April 11th
3:00-4:00pm
LGHP Office

Wear comfortable clothing.
5 spots available.

RSVP Heather Pontius 358-9667

2 Job Openings with The Lets Get Healthy Program: Health Promotion Specialists

The primary role of the Specialist is to provide direct physical activity services as part of the diabetes prevention and treatment programs within the Diabetes Grant for youth, adults and seniors. Physical activity services will encompass individual and group-based fitness classes, such as after-school/evening fitness instruction and health education.

Minimum Requirements

High School Diploma with at least one year of college/university completed. Must have at least two years experience in fitness-based activities is preferred. Must be in excellent physical health to effectively lead and conduct fitness services consistently, safely and energetically. Must possess a sound approach in health education strategies. Able to work a flexible schedule.

Submit letter of interest and resume to:

human.resources@srmt-nsn.gov or Human Resources,
412 State Route 37, Akwesasne, NY 13655

Job Closing Date: April 05, 2013

Fitness Page

Spring Inspired Recipes

April 3rd is National Start Walking Day!

Each year there is a day dedicated to “start walking day.” The beginning of April, with a hint of warmer weather right around the corner is a great time to put away the snow boots and dust off your walking sneakers.

Getting Started with a Walking Program:

Try to walk at least five times each week. Always start with a five-minute, slower paced walk to warm up, and end with a five-minute, slower paced walk to cool down.

As you become more fit, you'll want to add strength training exercises, such as push-ups and lunges, to your routine to meet the physical activity level recommended for adults:

**At least 150 minutes of moderate aerobic activity — or 75 minutes of vigorous aerobic activity — a week*

**Strength training exercises at least twice a week*

12 week walking program for beginners:

Week	Warm Up	Brisk Walking	Cool Down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes



Before beginning any exercise program please check with your provider.

Info From: www.mayoclinic.com

April is Stress Awareness Month

Relaxation has different meanings to each individual person. To some relaxing might mean watching TV for some it may mean quilting, praying, walking or reading.

To effectively combat stress we need to activate our body's own relaxation response. Relaxation response is when your body is free of physical stress. Your blood pressure is lowered, your blood glucose is lowered, your breathing rate is slowed down.

You can activate your body's natural relaxation response by practicing relaxation techniques such as deep breathing, meditation, yoga or exercise.

The first step to the relaxation response is learning deep breathing, this is the foundation of many other relaxation practices.

It is a quick way to relax, it is easy to learn and can be practiced anywhere, at any time.

Practice Deep Breathing

Sit comfortably with your back straight. Breathe in through your nose.

You should be breathing deeply from your abdomen, seeing or feeling your stomach rise and your chest moving very little.

Exhale through your mouth pushing out as much air as you can while contracting your abdominal muscles.

If you find it difficult to breathe while sitting down, try laying on the floor.

Set Aside Relaxation Time

include rest and relaxation in your daily schedule. Take a break. Recharge.

Less Sugar Strawberry-Rhubarb Crisp

Ingredients:

1/3 cup sugar free or low sugar strawberry jam

1/4 tsp cinnamon

3 TBSP Splenda

2 cups fresh strawberries, sliced

2 cups fresh rhubarb, sliced

3 TBSP all purpose flour

Topping:

1/2 cup old fashioned rolled oats

2 TBSP cornmeal

2 TBSP brown sugar

2 TBSP honey or agave nectar

1 tsp vanilla

Directions:

Preheat oven to 375, in a large bowl stir together preserves, cinnamon and Splenda. Add strawberries and rhubarb, stir to coat. Add flour; stir gently until combined. Spoon into 9" pie plate. Bake uncovered for 20 minutes. In a small bowl stir together rolled oats, cornmeal and brown sugar. Stir in honey and vanilla. Sprinkle over strawberry mixture. Bake uncovered about 20 minutes, or until topping is golden brown and fruit is tender and bubbly.



Green Apple Slaw

Prep Time: 30 minutes with 1 hour to chill

Servings: 12 (3/4 cup each)

Ingredients

1/4 cup olive oil mayonnaise

1/4 cup plain Greek yogurt

2 tsp honey

1 tsp poppy seeds

4 Granny Smith apples, cored, quartered and thinly sliced

1 TBSP lemon juice

2 cups cabbage mix

2 celery ribs thinly sliced

3/4 cups seedless green grapes, halved

Directions:

For Dressing: In a small bowl stir together mayo, yogurt, honey and poppy seeds. Set aside.

For Salad: In a large bowl combine apples, lemon juice; toss to combine. Stir in cabbage, grapes and celery. Pour dressing over mixture; toss gently to coat. Cover and chill in the refrigerator for at least an hour before serving.

Try with shredded carrots and shredded purple cabbage for a colorful mix of vegetables.

Just in time for family gatherings and BBQ season.

Asparagus

Spring is when asparagus tastes the best!

Benefits

High in folic acid, a good source of fiber, potassium vitamin A and vitamin B6.

How to buy asparagus

It should be bright green in color.

The ends should be tightly closed.

The bottom should not look dried out or woody.

If it is fresh it should snap easily when bent.

Storage

Cut the ends and place the bundle in a glass with about an inch of cold water in it. Cover with plastic wrap and store in the fridge for 3 days.

Fresh asparagus should be used within 3 days of purchase or picked.

Cooking Tips

Cook in very little boiling water.

Steam with other vegetables or plain.

Roast in the oven, sprinkle with parm cheese.

Stirfry in a skillet with olive oil.

10 minute Asparagus

Makes: 4 servings

Ingredients:

1 lb fresh asparagus

2 TBSP olive oil

2 TBSP fresh grated parmesan cheese

1 tsp lemon zest

Fresh ground black pepper to taste

Directions:

Prepare asparagus by rinsing well, break off any tough bottoms. Cut into 2 inch sections.

Fill a saucepan half way with water, bring to a boil. Add asparagus and reduce heat to a simmer. Cook for 2 minutes. Drain the water. With asparagus still hot toss them in a serving bowl with olive oil, parmesan and lemon zest. Add black pepper to taste.

Serve warm or at room temp. as a side dish.

Chill and serve on top of a salad.

Recipe From: www.simplyrecipes.com



Eating healthy not only helps us lose weight and control blood sugars it is also provides nourishment to our body to help us cope with stress. Eating healthy keeps our energy level up and our mind clear.