



# NEWSLETTER

A partnership between the  
**Heart Institute & Diabetes Education**  
at Marquette General Hospital

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## January ❄️ 2008 ❄️ February

### Holiday Pitfalls

by Jeffrey Kinnunen MS, Exercise Specialist

The holiday season in the United States that begins with Thanksgiving and ends with New Year's Day is notorious for weight gain, with a typical increase of 5 to 10 pounds. A relapse in lifestyle changes also tends to occur more during the holiday season than in any other time of the year. Several contributing factors include holiday-related stress, outdoor activities curbed due to weather, busy schedules that don't allow time for exercise, and of course, the many high-calorie treats that seem to be everywhere.

However, the holiday season doesn't have to hurt the progress that you have made. In terms of exercise, first try to eliminate all-or-none thinking. Even if you don't have time to do your usual workout, anything is better than nothing. Setting aside at least 15 minutes for exercise everyday will at least help to maintain a little of your cardiovascular fitness, and you will find it much easier to get started again in January. Continuing to accumulate 30 minutes each day, for example walking for 10 minutes three times each day, will maintain a reduction in the risk for chronic illnesses like heart disease and diabetes.

Another common pitfall is over-indulging in high-calorie treats while thinking that exercise will offset the increased calories consumed. The reason that this doesn't work is that it is far easier to consume calories than to burn them. For example, if you cut an 8 inch commercially prepared pumpkin pie into 6 pieces and eat one piece dressed with regular whipping topping, you are getting about 252 calories. Walking at a speed of 3 miles per hour for 30 minutes does not offset this, as a 200 lb. person will expend only 157 calories.

If you do fall victim to the common holiday pitfalls, don't allow yourself to be filled with anxiety about what you should be doing. Instead, enjoy the time that you spend with friends and family, and get on track as soon as you can!

### A New Year ~ A Fresh Start!

by Sarah Balko, RD, CDE

January is a common time to make health resolutions. Getting back into exercise, and eating better seem to be the focus for many. While the intentions are good, come February most of us seem to have fallen back into old habits of inactivity and large portions. This year, make a resolution to have a healthier LIFE (not just a healthier couple of months). Here are some tips to help you achieve your healthy goals:

1. Do not fall into the 'fad diet' trap. Rather than completely changing the way that you are eating, focus on one or two changes to start with. For example, eliminating regular pop, decreasing sweets to once per day, or not skipping meals, are good places to start. Once that change becomes habit, work on another one.

2. If you dislike the cold and snow, making a resolution to get outside and take a walk probably won't stick past January 2nd. Exercise should be something you enjoy. Find something that gets you moving - whether it is buying a piece of exercise equipment for your home, joining an exercise class, or an instructional video - make it fun!

3. Set attainable goals. Making a resolution to lose 30 lbs. by February is not realistic and failing is not a good motivator. A good rate of weight loss is about ½ to 1 lb. per week. If you have had a long struggle with your weight, making that your focus may not be a good idea. Make the changes for your health and don't focus on the numbers on the scale. Judge your progress by how well you feel, how your clothes fit, and your energy level.

~ CONTINUED ON REVERSE

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4. Enlist support. Lifestyle changes are difficult and they can be much more difficult when you feel like you are alone. If you do not have a friend or family member that supports you - look into joining a support group, an exercise class, a nutritional class, or other health education classes. These groups offer motivation by others in the same situation as you and by health professionals who want to see you succeed.

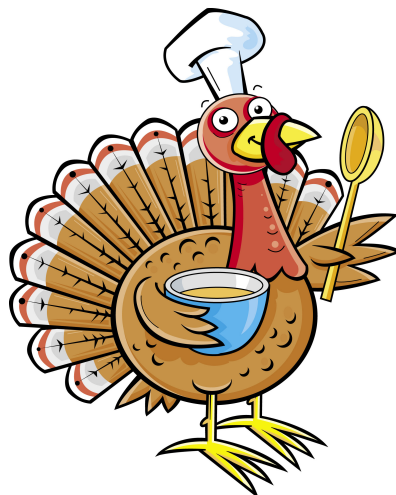
5. Get control of your health. Making changes to your exercise or nutrition habits can be extremely difficult if you have other health issues. For example, if your diabetes is not managed - having high blood sugars can cause you to feel tired, and hungry. Get control of your blood pressure, diabetes, and cholesterol. Starting a new medication may be necessary to improve your health. As you feel better, it is easier to get moving, and the result-

ing weight loss may allow you to discontinue that and other medications.

So, get out there and make some positive changes, for your LIFE! These tips are brought to you by MGH Outpatient Diabetes Education. We offer individual and group classes to help you manage your diabetes, whether you are newly diagnosed or just need a refresher. Call today to schedule an appointment, (906) 225-3473 or 1-800-562-9753, ext. 3473.

## Very Veggie Turkey Chili

2 Tbsp olive oil  
1 cup onion, chopped  
1 cup celery, chopped  
3 cloves garlic, minced  
½ cup red bell pepper, chopped  
2 cups carrots, chopped  
1 lb. ground turkey breast  
2 Tbsp chili powder  
1 tsp ground cumin  
½ tsp ground allspice  
¼ tsp ground black pepper  
2½ cups no-salt-added canned tomatoes  
2 cans dark red Kidney beans, rinsed



Heat the oil in an 8 quart pot. Add the onion, celery, garlic, red pepper, and carrots - sauté for 5 minutes. Add the turkey and cook for 10 minutes. Add the spices and combine well. Add the tomatoes and beans, simmer over low heat for 20 minutes. Garnish with a dollop of fat-free sour cream or plain yogurt, a few slices of avocado, and some chopped cilantro leaves.

Makes 10 (1 cup) servings –

Per serving: 192 calories, 18g protein, 23g carbohydrate, 4g fat, 1g saturated fat, 9.5g fiber, 154 mg sodium.