



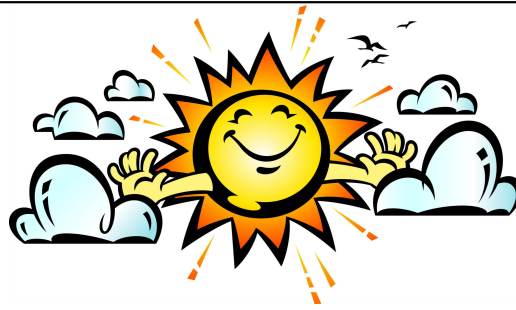
# NEWSLETTER

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

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## MAY



## JUNE

### Get Up And Get Moving!

by Jeffrey Kinnunen MS, Exercise Specialist

You have an opportunity to improve your health today, and what you need to do is move. Physical activity is critical for maintaining your health. As a result of decreasing physical activity in the United States over the past 30 years, the incidence of obesity and chronic diseases like heart disease and type 2 diabetes have increased substantially. Currently, 50 percent of U.S. adults don't perform enough physical activity to experience any benefits, and 55 percent are classified as overweight or obese.

The terms physical activity and exercise are not the same. Physical activity is any body movement that increases energy expenditure (washing your car or working in your garden). Exercise is a continuous movement performed to improve your fitness, (bicycling or resistance training). Both physical activity and exercise are important to your health. For health benefits, your goal should be to perform at least 30 minutes of physical activity on most days of the week. Be consistent, keep moving and gradually increase the amount of time that you spend performing any specific activity. For example, don't suddenly begin to rake or shovel for long periods of time after if you haven't performed those activities for a while. Here are some physical activities that you can try:

- Walk with your children to the park to play
- Turn on some music and dance
- Park your car farther away and walk
- Splash around in a swimming pool
- Do some "browsing" at a store (but keep moving)

### A Conversation to Learn

by Sarah Balko, RD, CDE  
MGH Diabetes Education Coordinator

MGH Diabetes Education is trialing a new format to their group classes. Instead of the traditional 'lecture style' class, the educators are using conversation maps. A conversation map is a 3'x5' color poster that is laid out on a table for the group to see. There are cards to be read and placed upon the map, giving the participants a chance to interact, and discuss topics relating to diabetes. Each map has pictures of people in different circumstances relating to diabetes. The map gives participants in the group ideas of things they may want to learn about or comment on. Each class is guided by the questions of the group so it is much more individualized than a lecture style class.

Diabetes is a disease that is based on self-management. If you have diabetes, you are the one in control of your food choices, exercise, blood sugar testing, and medications. Sitting through one lecture on diabetes will not give you the skills to effectively manage your disease on a daily basis, especially since information is constantly changing. A conversation map class allows you to talk with other people in the same situation and work as a group coming up with solutions to everyday problems. You leave class with knowledge and tips to control your diabetes.

If it has been years since you last attended diabetes education, or if you A1c is above 7%, call MGH diabetes education. You can schedule an individual assessment with an educator and they can suggest a conversation map class that is right for you. Pre-diabetes classes are also available utilizing the same conversation map format. Call 225-3473 for more information on any of our classes.

MARQUETTE GENERAL HOSPITAL, INC.  
580 W COLLEGE AVENUE  
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# welcome spring with a fresh broccoli salad!

Spring and summer is a great time to add more fruits and vegetables to your diet. Fresh fruits and vegetables are more plentiful and usually less expensive this time of year. A great vegetable to add is broccoli. Broccoli is a cruciferous vegetable, it is rich in fiber and folate and may even help to decrease your risk of certain types of cancer.

- |  |                               |
|--|-------------------------------|
| 2 cups broccoli florets                        | ½ Tbsp rice vinegar           |
| ¼ cup purple onion, diced                      | 2 cloves garlic, minced       |
| ¼ cup yellow pepper, diced                     | ½ Tbsp fresh parsley, minced  |
| ¼ cup pimento peppers, diced                   | 1/8 tsp dried marjoram        |
| 1 Tbsp olive oil                               | fresh ground pepper, to taste |
| 1 Tbsp frozen orange juice concentrate, thawed | pinch of cayenne pepper       |

Steam the broccoli for 2-3 minutes, or until it is bright green.  
Transfer broccoli to a medium bowl.  
Add the onion, yellow pepper, and pimento.

In a small bowl, whisk together the olive oil, orange juice concentrate, rice vinegar, parsley, marjoram, pepper, and cayenne. Toss the dressing with the broccoli.  
Serve room temperature or cold.

Makes 4 servings

Per serving:  
60 calories, 3.5g total fat, < 1g saturated fat,  
6g carbohydrate, 2g protein, 2g fiber,  
85mg sodium

