



# NEWSLETTER

A partnership between the  
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## COMMITMENT

by Jeffrey Kinnunen, MS,  
Registered Clinical Exercise Physiologist

*Commitment is the act of obligating yourself to accomplishing a goal.*

I can imagine that statement at the bottom of an inspirational poster, under the image of a rock climber scaling a sheer cliff. I am speaking of more mundane circumstances; however, I have learned that asking most people to make personal concessions (such as curbing that nightly ice cream habit, or walking 30 minutes in the evening) is like asking them to climb a sheer cliff.

Our health is impacted by hundreds of factors. Some, such as age and genetics, are out of our control, while others, such as diet, alcohol consumption, activity, are within our control. It continually frustrates me when this control is ignored. "I'm tired at the end of the day," exclaimed one recent client "I just feel like sitting." My response was to point out that she spends the entire day seated, and this did not increase her affection for me.

A common barrier to behavioral change is the failure to commit to the new behavior. We could classify this as a failure to move from the contemplation stage to the action stage in the stages of motivational readiness model. For example, making the statement "I want to improve my blood sugars," implies the understanding that behavioral changes can improve this aspect of health; the statement "I'm going to improve my blood sugars by increasing my activity and improving my dietary selections," shows commitment.

Changing behavior is difficult! There is an extensive branch of psychology that is dedicated to behavior modification. What I am suggesting is that in order to improve our health, we have to become obligated to changing the behaviors that we recognize as harmful, even though it's difficult. As an analogy, we can consider elite athletes. Elite athletes have to be obligated to a level of dedication to little details that is unfathomable to the average person. Apollo Ohno falls asleep thinking about

speed skating, just like Michael Phelps wakes up thinking about swimming. If these guys are instructed to change their hand position by a few degrees, or sleep ten minutes longer, then they will.



by Kimberly Hantz,  
Diabetes Education

Vegetable gardening is a great way to get some exercise while decreasing your grocery bill. Gardens can come in many sizes and the process of gardening should be enjoyable. Here are some tips to make your garden a success.

A great vegetable to start with is lettuce. Lettuce is easy to grow and loves cool weather. The best time to plant lettuce is in the spring and fall.

Purchase potting soil from a store. Plop down the bag of potting mix where you want it. Slit drainage holes in the sides and bottom. Cut out a rectangle of plastic on the side of the bag that is facing up towards the sun. Lightly dust with organic fertilizer and mix it in. (Skip this if the bag label says fertilizer has already been added.) Plant your seeds into the exposed soil. Cover with 1/8 to 1/4 inch of soil. Give it all a good gentle soaking being careful not to water so much that the seeds float

~ Continued on reverse

## GARDENING IN A BAG? *Continued* ~

around. You can add mulch around the plants once they are up above the soil line.

The advantages of planting in bags is that you do not have to till hard soil, you don't have to weed, drainage is usually better and the soil warms up quicker. Bags are also light enough that they can be moved if the original location doesn't get enough sun.

When choosing a type of lettuce it is important to choose a type that is high in nutritional value. Iceberg lettuce has very limited nutritional value. Romaine and leaf lettuces are examples of better nutrient containing lettuce choices. When looking for seeds to plant look for lettuce seeds that picture the dark green and or dark red lettuce leaves on the package. Romaine lettuce is very nutrient dense and often tolerates stressful weather better than other types. It is a source of vitamins A, C, B1, B2, manganese and chromium. Romaine has elongated leaves with stiff ribs that can be cut out when making a salad.

Lettuce can be planted early. You can plant lettuce seed outside 2 weeks before the last frost date. Here in Marquette, May 26 has a 90% chance of being the last frost date. Lettuce likes to be kept in soil that is consistently moist. Lettuce should sprout in 2 to 8 days when soil temperatures are between 45-75 degrees. So, water your lettuce every other day between rains.

Harvest lettuce in the morning after the plants have had all night to plump up with water. Wilted lettuce picked on a hot day seldom revives. Use scissors to harvest handfuls of baby lettuce. Store lettuce in the refrigerator.

Bumper crops of lettuce can't be preserved, so plan ahead for daily salads when lettuce is in season. Stock up on big flavor toppings such as olives, dried fruits, nuts and smoked wild salmon. Be generous with snippings of fresh herbs as you create original salads. Lettuce rolls stuffed with grain or meat mixtures, held together with toothpicks, make a great appetizer.

## Grilled Romaine Lettuce

It sounds strange but it is sooo good!

### Ingredients:

2 heads Romaine lettuce- cut in half lengthwise and washed.

½ c	Olive oil
¼ c	Balsamic vinegar
½ tsp.	Dried minced onion
½ tsp.	Garlic powder
¼ tsp.	Oregano
½ tsp	Salt (optional)
¼ tsp.	Pepper

### Directions:

1. Place split heads of romaine lettuce in a freezer bag. Mix all other ingredients together in a separate bowl and pour in bag.
2. Lay bag flat in fridge for 15 minutes.
3. Then turn bag over and lay flat again for another 15 minutes.
4. Pre heat grill.
5. On medium heat, grill romaine for about 2 minutes on each side.
6. Serve warm.

