



Chronic Diseases

Journey Beyond

Winter 2011

Tips for Staying Active during the *Winter* Months

With the temperatures plunging this time of year, many of us tend to hibernate inside the comfort of our homes. We avoid exercise at all costs because it's too much of a hassle or too cold but it's important to stay active no matter what time of the year or how many degrees below 0 it may be.

Get out and enjoy what winter has to offer! Grab a friend or your family and partake in some of the following outdoor activities this season:

- Walking
- Hiking
- Skating
- Snowshoeing
- Sledding
- Cross country skiing



Keep the following tips in mind when participating in physical activity outdoors:

Get warm. Complete a proper warm up. Cold temperatures can make your muscles tight and therefore more prone to injuries.

Insulate. The best approach is to dress in layers. Layering provides the most effective heating method, plus it allows you to remove layers if you start to get warm. Keep in mind that the top layer should be both water and wind resistant.

Hydrate. It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.

Stay bright. It's best to exercise during daylight. But if you choose to exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen by others.

If exercising outdoors just isn't for you, don't panic. Instead choose one of the many indoor options:

- Walk at an indoor location, like a mall. If you need extra motivation to get yourself moving, join a walking group. This will help you stay accountable to someone other than yourself.



- Join a fitness facility. This will allow you a large variety of physical activities to choose from to add variety and prevent boredom.
- Create a home gym. This can be inexpensive and convenient. You can easily set-up a great circuit with just a set of dumbbells, an exercise ball and a jump rope.
- Use the stairs. Spend 15- 20 minutes climbing up and down the stairs for a very efficient workout.
- Make waves. Find a local indoor pool. Try swimming, water aerobics, or water walking/running.



Visit a library. Most local libraries carry exercise videos you can check-out for free. Grab a new one each month to try out. Make this winter, a winter to remember! Remember motivation is what gets you started....Habit is what keeps you going.

Melissa Griffiths
B.Kin, CAT(C), CPT

Vitamin D:

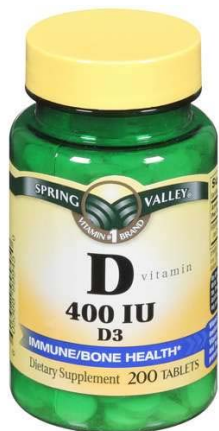
New recommendations triple previous guidelines

Vitamin D and its benefits have been touted in the news as “the” nutrient to pop. Over the past ten years the public has heard varying messages about the benefits of this nutrient and how much they need to stay healthy. Will this sunshine vitamin help to ward off cancer, diabetes and other chronic diseases? To answer this question the U.S and Canadian governments asked the Institute of Medicine (IOM) to review the evidence and update the nutrient reference values known as Dietary Reference Intakes (DRI's). The DRI's are used in a variety of policies and programs that benefit the health and safety of Canadians.

A panel of experts from Canada and the United States were gathered to conduct the evaluation and a report was published this past November. The report concluded that most people in Canada and the U.S. need 600 international units of Vitamin D per day, triple Health Canada's current recommendation of 200 IU for adults aged 19-50. People 71 and older may require as much as 800 IUs because of potential physical and behavioural changes related to aging. The panel also set an upper limit for vitamin D concluding that once intake exceeds 4000 IUs per day the risk for harm starts to increase. The previous upper limit for vitamin D was 2000 IUs. Very high levels of vitamin D (above 10 000 IUs per day) are known to cause kidney and tissue damage,

The evidence does strongly support the importance of vitamin D in promoting bone growth and bone maintenance. The report also indicates it is premature to take vitamin D in hopes of warding off an array of serious conditions including breast and colon cancers, heart disease, autoimmune ailments and diabetes but believes further clinical trials are warranted to confirm claims that have been made.

As it is a challenge to obtain adequate vitamin D through diet, supplementation may be necessary. The panel's recommendations will be reviewed by Health Canada and in the future will advise Canadians as to the appropriate amount to supplement. The current recommendation is for Canadians over the age of 50 to supplement with 400 IU. This will likely change with the review so stay tuned as there is more to come.



New Name, New Staff

As of January 1, 2011 Prairie Health Matters name has changed to **Diabetes and Heart Health Promotion** to better reflect the services that they provide in the Brandon Regional Health Authority.

Welcome to new staff member Margo Klassen RN.

A change in service has also occurred with staff no longer travelling to the Assiniboine Regional Health Authority. For those living in the Assiniboine Regional Health Authority please call 1-877-509-7852 to learn of services in your community.

GET BETTER TOGETHER!

A program for living better with chronic disease.

*Are you sick and tired of being sick and tired?
Or, are you managing well and want to stay that way?
Get Better Together! is for you.*

A free program for people living with any kind of ongoing health problem. Six weekly session will help you learn to manage your condition better and cope with the challenges. Programs are led by an instructor also living with a health condition.

To register, call 578-2193.

Spring Session

March 24th—April 28th

from 1:00—3:30 p.m. Thursdays

Nurses Residence, Brandon Regional Health Centre,
150 McTavish Ave East

RELAXATION TECHNIQUES

Would you benefit from relaxation skills?

These skills are great for decreasing pain and anxiety, and improving sleep and overall well-being.

Learn about:

Diaphragmatic Breathing
Progressive Muscle Relaxation
Visualization/Imagery

In each session participants get a chance to learn about one of the techniques and then get a chance to participate. A CD with relaxation exercises will be provided to participants at the last class.



January 24, 25, 26

11:30 – 12:30 a.m.

March 7, 14, 21

5:00 – 6:00 p.m.

**Main Floor Conference Room CS1-124
By Foundation office at BRHC**

Instructed by Dr. Carlson, Psychologist, Brandon RHA Clinical Health Psychology

For more information call Dr. Carlson @ 578-4190

To register call Noreen

@ 578-2198 Space is limited.

Recipes

CURRY CHICKEN SOUP

A soup to warm you up on a cold day

1/2 lb	boneless skinless chicken breasts, cut into 1/2 inch cubes
3 tsp	canola oil, divided
3/4 cup	onion, chopped
1/2 cup	carrot, chopped
1/2 cup	celery, chopped
1/2 cup	green pepper, chopped
1 cup	apple, peeled and chopped
2 Tbsp	all-purpose flour
1x900ml	reduced sodium chicken broth
1/4 cup	tomato paste
2 to 3 tsp	curry powder
1tsp	ground ginger
1/4 to 1/2 tsp	crushed red pepper flakes
2 Tbsp.	parsley, fresh minced

1. In a large saucepan coated with cooking spray, cook chicken in 1 tsp. oil for 4-5 minutes or until juices run clear. Remove chicken and set aside.
2. In the same saucepan, sauté the onion, carrot, celery and green pepper in remaining oil for 4 minutes. Add apple; cook 2 minutes longer. Sprinkle flour over vegetable mixture; cook and stir for 1 minute. Gradually stir in broth and tomato paste. Bring to a boil; cook 1-2 minutes longer.
3. Stir in the curry, ginger and pepper flakes. Return chicken to sauce pan and bring to a boil. Reduce heat; simmer, uncovered for 8-10 minutes until vegetables are tender. Sprinkle with parsley.

Cook time: 15 minutes

Yield: 6 servings

Nutrition Facts:

Per cup	
Calories	122
Fat	3.3g
Saturated fat	0.3g
Cholesterol	21g
Sodium	405mg
Carbohydrate	12.7g
Fibre	2.7g
Protein	10.7g

Source: Taste of Home Healthy Cooking (October/November 2010)



Pumpkin Oat Muffins

1/2 cup	all-purpose flour
1/2 cup	whole wheat flour
1/4 cup	Splenda Brown Sugar Blend
2 tsp	baking powder
1 tsp	pumpkin pie spice
1/4 tsp	baking soda
1	egg, lightly beaten
3/4 cup	canned pumpkin
1/4 cup	skim milk
1/4 cup	vegetable oil
1 cup	old-fashioned oats
1/2 cup	raisins

Topping:

2 Tbsp	Splenda Brown Sugar Blend
1 Tbsp	all-purpose flour
3/4 tsp	pumpkin pie spice
1Tbsp	margarine, non-hydrogenated

1. In large bowl, combine the first six ingredients. Combine the egg, pumpkin, milk and oil; add to the dry ingredients just until moistened. Stir in oats and raisins.
2. Fill greased or paper-lined muffin cups two-thirds full. In a small bowl, combine the Splenda Brown Sugar Blend, flour and pie spice; cut in margarine until crumbly. Sprinkle 1 rounded teaspoonful over each muffin. Bake at 375° for 15 - 20 minutes or until a toothpick comes out clean.

Yield: 10 muffins

Nutrition Facts:

Calories	171
Fat	7.6g
Saturated fat	0.8g
Cholesterol	22mg
Sodium	111mg
Carbohydrate	27.5g
Fibre	2.1g
Protein	3.3g



Source: Adapted from Taste of Home Simple and Delicious (November/December 2008)

Pumpkin spice can be made by mixing ginger, nutmeg, allspice or cloves, and cinnamon.

If you use brown sugar instead of Splenda Brown Sugar Blend double the amount. Carbohydrate will increase to 36.4 grams/muffin.

ASK THE EXPERT

Question: *I go down the cereal aisle and am overwhelmed by the choices. How do I pick a healthy cereal?*

Answer: Having grains in our diet is a part of a healthy diet. Depending on gender and age, adults need 6 – 8 serving of grain products each day. A serving of cold cereal is 30 grams. Look at the nutrition facts to determine the volume for that particular cereal as it may vary from 1/3 to over 1 cup. There are three nutrients to look at when choosing a cereal: fibre, sugar, and fat.

For fibre, ensure that you are getting at least 2 grams of fibre per serving. Getting a source of soluble fibre is great as that can help with both cholesterol and blood sugar control. Examples include Kellogg's Guardian cereal which has 6 grams of fibre and 4 grams of that is soluble. Quaker Oatmeal Squares has 4 grams of fibre, 2 grams of which are soluble and Kellogg's All-Bran Buds has a whopping 11 grams of fibre and is an excellent source of soluble fibre. Look for whole grains as part of the ingredient list. For those with diabetes that are carbohydrate counting, remember that you can subtract the grams of fibre from the grams of carbohydrate to give you available carbohydrate.

As for the sugar, try to avoid the honey and sugar coated cereals. If you must add sugar to your cereal limit it to a teaspoon. As for the grams of sugar, there is no set rule but probably look for less than 10 grams. Note that cereals that are higher in fibre will tend to have more sugar as will those that contain fruit.

Generally, cereals are low in fat. Cereals that contain nuts contain a heart healthy fat. Watch out for cereals that contain coconut as this contains saturated fats which are artery clogging.

Actually a really good choice for a cereal is good old- fashioned oatmeal with some added fruit and almonds. Enjoy your breakfast!



Weight Management Series

This 8 week series focuses on healthy eating, changing behavior, emotional eating and getting active.

Thursday Evenings—January 27 to March 17, 2011

To register call Diabetes and Heart Health Promotion at 578-2370



Chronic Diseases Journey Beyond is a newsletter for people with chronic illness providing information on lifestyle management. Chronic Diseases Journey Beyond is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

Chronic Disease Journey Beyond
C/O Diabetes and Heart Health Promotion
Unit A5-800 Rosser Ave.
Brandon, MB R7A 6N5
Phone: 578-2370

Let us know if you would like to receive future newsletters via email.

Past editions are available at www.brandonrha.mb.ca or diabetes-heart.brandonrha.mb.ca

Thank-you to the following for assisting with printing costs of the Wellness Newsbeat:

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