

Live Well Be Well

TAKE CHARGE OF YOUR HEALTH

FEBRUARY 2017



Recipe: Cajun Zucchini Noodle Pasta

A light, yet spicy dish featuring nutrient rich By: Detoxinista vegetables. Serves 2

Ingredients:

- 2 zucchini squash (peeled)
- 1 Tablespoon coconut oil
- ½ red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 8oz sliced mushrooms
- 2 tomatoes, chopped
- 2 teaspoons Cajun seasoning
- Salt and pepper, to taste
- Optional protein add-ins: Chicken, Shrimp, Tofu

Directions:

1. Create zucchini “noodles” using a spiral slicer or julienne peeler. Place noodles in a large mesh strainer, and sprinkle generously with salt. Toss the noodles well, and then allow them to sit in the strainer over a bowl to catch the moisture they release. Set aside for 30 minutes.
2. Melt the coconut oil in a deep skillet or Dutch oven over medium heat and sauté the sliced onion and peppers until slightly tender, about 8 minutes. Add the mushrooms and tomatoes, and sauté for another 5 minutes (you can also add any additional protein you may want at this time to cook thoroughly)
3. Once the zucchini noodles have sufficiently seared, rinse them well with water and pat dry with a towel. Add the noodles to the sautéed veggies, along with the Cajun seasoning, and stir well. The noodles should be soft after just 2-3 minutes of cooking. Season with salt and pepper to taste, then serve warm.

Healthy Heart: Walking Tips

Why walking? Walking is the simplest positive change you can make to improve your heart health. Walking is easy, inexpensive, safe, and has the lowest dropout rate of any type of exercise.

Research has shown that walking at least 30 minutes per day can:

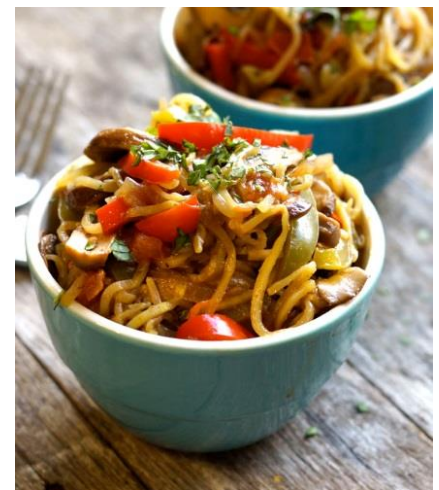
- Improve your blood sugar levels, blood pressure and cholesterol
- Lower your risk of heart disease and stroke
- Help you to achieve or maintain a healthy body weight
- Improve your mental well-being
- Plus many more health benefits!

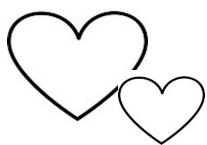
Worried because you’ve been sedentary for a while? No problem! Just set a reachable goal for today, even if just a few minutes, then work towards your overall goal of 30 minutes per day by increasing your time slowly as you get in better shape.

UPCOMING CLASSES / EVENTS:

For upcoming events and classes visit:
www.hsidn.org/calendar

or register online at:
www.hsidn.org/takecharge





SELF-MANAGEMENT TOOLBOX

PHYSICAL ACTIVITY:

Committing to regular exercise is a big deal for everyone. If you have a chronic illness, you may also have many daily challenges and special exercise needs. You can start by:

- Knowing your own needs and limits and respecting your body
- Talk with your doctor or other health professionals who understand your type of chronic illness.

Always pay attention to your own experience, which helps you know your body and make wise choices. Start by doing what you can. Your goal should be to gradually and safely increase your physical activity to a level that is right for you. Walking is a great first step!

“Living a Healthy Life with Chronic Conditions”

ACTION PLANS

Goals are generally too big to work on all at once; they can be overwhelming. That’s why so many have a hard time getting started on a goal. Action plans are probably your most important self-management tool. An action plan helps us reach our goals by helping us do what we know we should do, by starting with what we want to do!

Create an action plan here:

1. What are you going to do? _____
2. How much are you going to do? _____
3. When are you going to do it? _____
4. How often are you going to do it? _____
5. On a scale of 0 (no confidence) to 10 (very confident) how confident are you about completing the entire action plan?

0 1 2 3 4 5 6 7 8 9 10

“Living a Healthy Life with Chronic Conditions”

SAVE THE DATE!!

Did you know that uncontrolled diabetes can place you at a higher risk for developing kidney disease?

Join us for a FREE kidney screening from the Kidney Mobile of Illinois at one of the following locations:

- June 6th – Trinity Assembly, Carmi
- June 7th – Vienna (location TBD)
- June 8th – Carbondale Civic Center
- June 9th – Perry County Health Department
- August 28th – Sparta Community Hospital

Screening will include:

- blood pressure • blood sugar • body mass index (BMI) • waist circumference
- urinalysis • HgbA1C (if necessary) • One-on-one consultation of results

Walking for a Healthy Heart



Walking is safer than jogging or running and puts less stress on the body! It is a great choice if you have been sedentary or have joint or balance problems!

Warm up and cool down with a stroll: Walk slowly for 5 minutes to prepare your circulation and muscles for a brisker walk. Finish up with the same slow walk to let your body calm down gradually.

Increase your arm work (if you can/ are comfortable doing so): as you walk you can use your arms to raise your heart rate into the target exercise range. Bend your elbows a bit, and swing your arms more vigorously. You may even carry a 1- or 2-pound weight in each hand. The extra work you do with your arms increases your intensity or exercise without forcing you to walk faster than you find comfortable.

