



LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH



SUMMER 2018



Recipe: Pink Lemon Spritzer



Serves 12
Serving size: ½ cup

Ingredients:

- 1 cup pomegranate juice or cranberry juice, chilled
- 6 tablespoons lemon juice
- 1 tablespoon sugar, or the equivalent measurement sugar substitute of your choice
- 3 cups ice cubes
- 1 teaspoon snipped fresh mint
- 3 cups of diet or regular ginger ale
- 12 lemon slices or fresh raspberries

Directions:

In a liquid measuring cup, combine the juice, lemon juice and sugar substitute. Stir until sweetener dissolves. Then, in a blender, combine juice mixture, the ice cubes and the snipped mint. Cover and blend until smooth. Pour ¼ cup of the blended mixture into each of the 12 glasses, top each with ¼ cup of ginger ale. Garnish with lemon slices or raspberries.

By: www.diabeticlivingonline.com

Physical Activity

It is proven that active people are both healthier and happier! It is common knowledge that regular physical activity is important, but if you have a chronic health problem getting started with physical activity may overwhelm you. There are so many programs, guidelines, and public health programs out there to help you get started and to ease the feeling of overwhelm. The exercise programs that are recommended focus on about four different types of fitness:

- Flexibility – being able to move comfortably and to do everything you need and want to do.
- Strength – your muscles need to be exercised to maintain their strength.
- Endurance – having fit lungs, muscles, and a heart that can work efficiently to send oxygen-rich blood to the muscles.
- Balance – being able to move and to stay still without falling.

A complete exercise program combines exercises from all four of these aspects of fitness! If you have not been active in some time, you may want to begin your exercise program by choosing some flexibility and strengthening exercises. Once you are able to exercise comfortably for at least 10 minutes, you can begin to add some endurance and aerobic activities!

If you are worried about how to choose the right exercises for you, the best exercises for you are the ones that will help you do what it is that you want to do. Often the most important decision to start a successful exercise program is to choose a goal (something you want to do) that exercise can help you reach. If you do not see how exercise can be helpful to you, it may be hard to get excited about adding yet another task to your day. But do not fret, there is no doubt that we are all more successful exercisers if we see where we want exercise to take us. So set a goal, start small, and start exercising!

Source: "Living a Healthy Life with Chronic Conditions" Fourth Ed., Katie Lorig, DrPH..[et.al]



SELF-MANAGEMENT TOOLBOX

PHYSICAL ACTIVITY:

Health and fitness make sense. Yet when faced with being more physically active, people often come up with many excuses, concerns and worries. These barriers can prevent you from taking the first step.

Below are some common barriers, and possible solutions:

- “I don’t have enough time.” Everyone has 24 hours in a day, we just use it differently. It’s a matter of priorities. Exercise does not take a lot of time out of your day, just 15 minutes is a good place to start.
- “I’m too sick.” It may be true that you are too sick for strenuous activity, but there are surely some ways that you can be active. Start exercising just 1 minute at a time, several times a day. Better fitness can help you cope with your illness.
- “Exercise is boring.” If normal everyday exercise is too boring, make it more interesting and fun! Exercise with other people, entertain yourself with music or radio. Vary your activities and walking routes!

These are just a few barriers and solutions. For more information or to see more common barriers and solutions visit chapter 6 of “Living a Health Life with Chronic Conditions”.

Source: “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”

UPCOMING CLASSES / EVENTS:

Murphysboro – Jackson Co. Health Dept. – begins August 9

Carbondale – SIH Materials Warehouse - begins Aug. 13

Cartersville- Shawnee Health Care – begins Sept. 5

Pinckneyville – Pinckneyville Comm. Hospital – begins Sept. 11

For additional upcoming “Live Well, Be Well” classes or to register visit: www.hsidn.org/takecharge or call 618.457.5200, ext. 67837

Physical Activity – Dive On In!

There are three main types of water related physical activity. Find a pool or lake, and get started!

Water Aerobics – Do moves like jumping jacks or lunges. Stay in shallow water and play your favorite upbeat music. The water will give you support and keep you from falling. Water aerobics can improve muscular endurance and fitness!

Swimming – Use any of various strokes (if you know how!). Grab some goggles and swim a few laps! Swimming can help relax and energize you at the same time!

Water Running – It is just what it sounds like! Find some shallow water and try to run slowly! Or, wear a floatation belt and run while “standing” in deep water!

Source: www.diabetesselfmanagement.com



For questions / more information contact: Sarah O’Dell or Greg Smith at phone: 618.457.5200, ext. 67848 or 67837