

LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH

APRIL 2017



Healthy Eating: Fruits and Vegetables

The more variety in your foods, the better; the more colors on your plate, the better; and the less processed your food, the better. Eating fruits and vegetables is the best way to have a variety of colorful and minimally processed foods.

A great variety of fruits and vegetables can be found at local farmers' markets, here are some markets in your area:

- Carbondale Farmers' Market, Westowne Mall Parking Lot, Carbondale. Saturday, 8:00 am – 12:00 pm; May – October
- Murphysboro Farmers' Market, City of Murphysboro Admin Building, Murphysboro. Saturday 8:00 am – 12 pm; May – October
- DeSoto Farmers' Market, Senior Citizens Park, DeSoto; Tuesday 3:00 om – 6:00 pm; June – October
- Kellerman's Farmers' Market, 1031 South Main Street, Pinckneyville. Tuesday 3:00 pm – 5:30 pm; May – October
- Chester Farmers' Market, 10 By-Pass Rd., Chester. Saturday 7:30 am – 12:00 pm; May – October
- Cannon Park Community Market, Community Center Building, Carterville. Wednesday 3:00 pm – 7:00 pm , June- October
- Anna- Union County Farmers' Market, East Davie Street, Anna. Tuesday 7:00 am – 12:00. Mid-May – Mid October

Recipe: Green Avocado Smoothie

Serves 2

By: Elizabeth Michaels

Ingredients:

- 1 Frozen Overripe Banana
- 2 Cups Spinach (or other leafy green)
- ½ Avocado
- ½ Cup Plain Greek Yogurt
- ½ Cup Pineapple
- ½ Cucumber
- Few Drops Stevia (optional)
- Water or Almond Milk



Directions:

Add all ingredients to blender and blend until smoothie consistency. Pour into glass and serve!

UPCOMING CLASSES / EVENTS:

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

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

"Living a Healthy Life with Chronic Conditions"



SELF-MANAGEMENT TOOLBOX

HEALTHY EATING:

Healthy eating is one of your best personal investments. Eating healthy means making good and healthful food choices. There is no such thing as a perfect eating style. Some of the key principles of healthy eating include

- Choosing foods as nature originally made them.
- Getting your nutrients from food, not supplements.
- Eating a wide variety of colorful and minimally processed foods.
- Eating what your body needs (not more or less).

It is important to pay attention to what you eat and to pay attention to your body while you eat. It is best to eat slowly and to stop eating when you first feel full. For more on healthy eating and other tips look at chapter 11 in “Living a Healthy Life with Chronic Conditions”.

“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

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”

Spring into Exercise!



Now that spring is here there are many more opportunities to be outside! Bicycling is a great way to enjoy the warmer weather while doing a low-impact exercise!

As the saying goes “You never forget how to ride a bike,” so even if it has been a few years since you’ve ridden a bicycle, it is never too late to start again!

Biking is an enjoyable activity that you can do alone or with other! Bicycling works the muscles in your legs and arms, it increases your lung capacity and it helps you maintain a healthy heart.

Remember before each ride to inspect your bikes seat, pedals and tires to ensure that all parts are working correctly! After the inspection you are ready to grab your helmet and get riding!

www.dabetesselfmanagement.com

