

Onerahtohkó:wa/May 2025

**Tsitewatakari:tat
Let's Get Healthy Program
Diabetes Center for Excellence**



**"You know what
gets me moving?
Knowing how good
I'll feel when I'm done."**



**National Physical
Fitness and Sports
Month**

Physical activity has important health benefits for adults - but many people have a hard time fitting activity into their busy lives.

The Move Your Way® campaign from the Office of Disease Prevention and Health Promotion has resources that can help you learn about the benefits of physical activity and find activities that work for your lifestyle.

Mental Health Awareness Month

Mental Health Awareness Month is more than just an observance. It's an opportunity to take action for your personal mental well-being - whether by setting boundaries, reaching out for support, or practicing self-care.

This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

**TURN
AWARENESS >>
INTO ACTION**



Celebrate Mental Health Month and explore more resources at mhanational.org/may



We are closed Monday May 26, 2025 in observance of Memorial Day

66 Margaret Terrance Memorial Way Akwesasne, NY 13655 (518) 358-9667

PHYSICAL ACTIVITY: START SLOW AND DO WHAT YOU CAN

Physical activity is key to maintaining health and wellness. Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression. There are many ways to be physically active. All kinds of active pastimes can help improve our physical and mental well-being, making physical activity one of the best ways to stay or get healthy.

Some benefits can be achieved immediately – like improved blood pressure and reduced anxiety – while other benefits are the result of making physical activity a regular part of your routine. The key to a successful fitness program is consistency and making exercise fun!

Everyday Physical Activity Tips:

Walk Whenever Possible

- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Park farther from the store and walk
- Go for a half-hour walk instead of watching TV

Move More in Your Home

- Garden, or make home repairs
- Do yard work. Get your children to help rake, weed or plant
- Work around the house. Ask your children to help with active chores

Live Actively

- Join an exercise group
- Enroll your children in community sports teams or lessons
- Choose an activity that fits into your daily life/lives
- Dance to music with your family
- Choose activities you enjoy. Ask children what activities they want to do



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

How much activity do I need?

Moderate-intensity aerobic activity

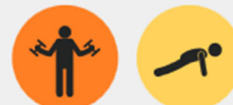
Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



ANYTHING THAT GETS YOU MOVING COUNTS

- Raking the yard
- Gardening
- Vacuuming and sweeping your house
- Walking the dog
- Playing catch
- Washing your vehicle
- Dancing
- Biking
- Swimming
- Taking the stairs



MAY 28, 2025

NATIONAL SENIOR HEALTH AND FITNESS DAY

**This year's theme is
"Move Today for a Better Tomorrow"**



All seniors are invited to our Elder Fitness class on Wednesday May 28th, 9:00 A.M. at the Diabetes Center Fitness Room

Join us for fun chair exercises to get your body moving and to improve your cardiovascular health
All who attend will be entered for a prize drawing and welcomed for snacks after class

TAKE ACTION FOR YOUR OWN MENTAL HEALTH

Set Boundaries

Setting healthy boundaries is about taking care of yourself first. Improving your overall health and wellness is a journey. Part of this process is learning to accept that you cannot control things outside of your own thoughts and behaviors. Certain people and situations in life can trigger us to feel badly about ourselves or engage in destructive behaviors. Identifying the toxic influences in our lives and taking steps to create boundaries or a new life without them can improve mental and physical health over time. If someone doesn't respect your boundaries, it's okay to walk away.



Reach Out for Support

Therapy helps individuals build coping skills, strengthen relationships, and improve self-confidence while addressing mental health challenges such as strong emotions, past traumas, and social injustices. Success in therapy requires setting clear goals, being open and honest, embracing change, and practicing skills outside of sessions to reinforce progress.

Resources

- Substance Abuse and Mental Health Services National Helpline 1-800-662-HELP (4337)
- 988 Suicide and Crisis Lifeline 988 or 988Lifeline.org
- FindSupport.gov
- Saint Regis Mohawk Health Services (518) 358-3141
- Mohawk Council of Akwesasne (613) 575-2341

Therapy can help you to:

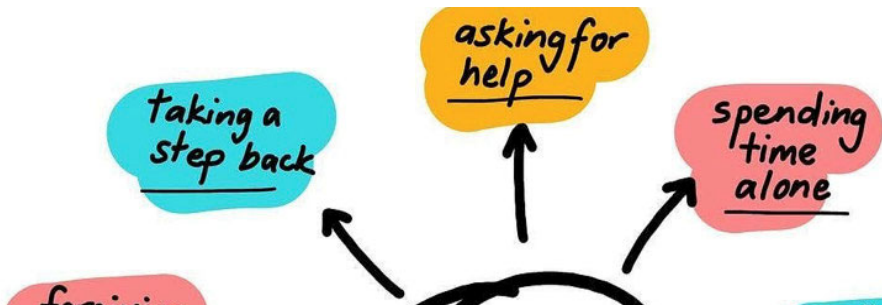
- Feel stronger in the face of challenges
- Change behaviors that hold you back
- Look at ways of thinking that affect how you feel
- Heal pains from the past
- Build relationship skills
- Figure out your goals
- Strengthen self-confidence
- Cope with symptoms
- Manage strong emotions like fear, grief, or anger
- Enhance problem-solving skills
- Navigate social injustices that impact mental health
- Learn how to ask for help when you need it
- Set healthy boundaries and communicate effectively



PRACTICE SELF-CARE

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time
 - **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day
 - **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime
 - **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies
 - **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much.
 - **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind
 - **Focus on positivity.** Identify and challenge your negative and unhelpful thought
 - **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help
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Self-care looks different for everyone, and it is important to find what you need and enjoy

The Gut-Brain Connection

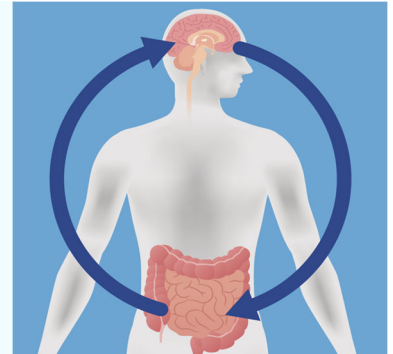
Your gut is sensitive to emotions like anger, anxiety, sadness, and joy – and your brain can react to signals from your digestive system. Learning about the gut-brain connection can help support both your mental and physical health.

Your gut and brain are connected:

Your stomach and brain communicate with each other. Your brain and gut have special nerves and chemicals that help control digestion and emotions.

Your gut affects your feelings:

The tiny bacteria in your gut can change how you feel. Stress and sadness can upset your gut, and an unhealthy gut can make you feel more anxious or down.



Tips for taking care of your gut:

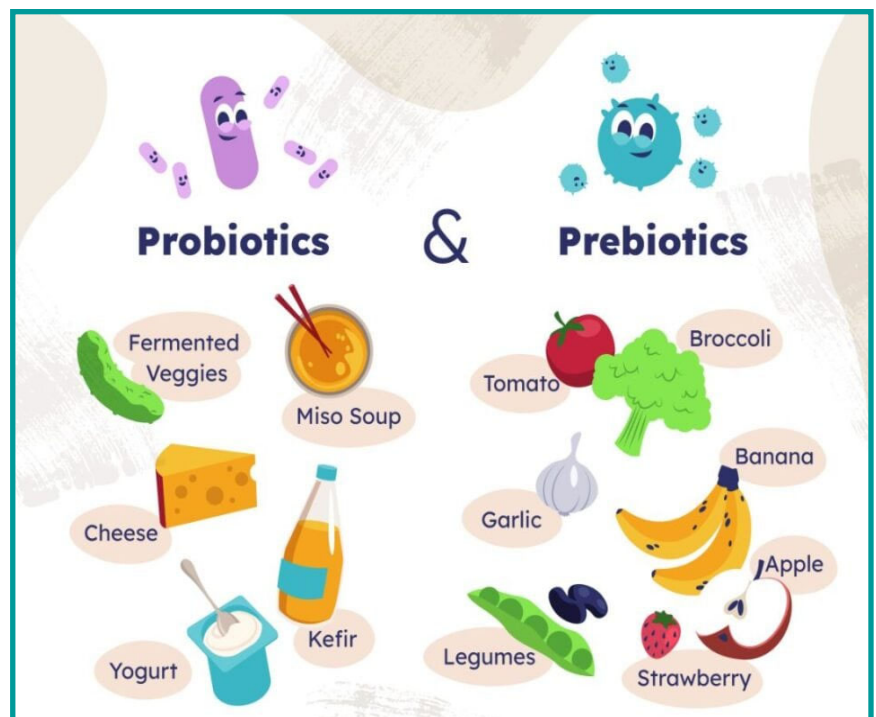
Eat a balanced diet: Doing your best to eat a balanced and nutritious diet is the most important thing a person can do to keep their gut healthy. Try to eat a diet full of whole grains, lean meats, fish, fruits, and vegetables.

Prebiotics: It's also important to feed the good bacteria, viruses, and fungi that live in the gut. These foods are called prebiotics. Prebiotic foods are high in fiber and work best when they are raw. Try asparagus, bananas, garlic, onions, or jicama. Tomatoes, apples, berries, and mangos are also good prebiotic choices.

Probiotics: You can also eat bacteria. Probiotics are live bacteria that exist in foods. Eating probiotics can be tricky. The types and amounts of bacteria in probiotics vary, and when foods are heated, the bacteria often die. Examples of probiotic foods are yogurt (the label should say live or active cultures), unpasteurized sauerkraut and kimchi, miso soup, kefir (a yogurt-like beverage), kombucha (fermented black tea), tempeh (made of soy beans), and apple cider vinegar.

If you have gut problems like an upset stomach or unusual bathroom habits that don't go away, it's important to see your doctor

The gut or “second brain” communicates back and forth with your actual brain



Fitness Room Classes

All fitness levels welcome

ELDER FITNESS:

Monday, Wednesday and Friday

9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

LUNCH CRUNCH:

Monday - Thursday

12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed

TONE & SCULPT:

Monday

4:15 - 5:00 pm

This class will focus on building core strength, toning muscles, and burning fat through resistance training and cardio

BOOT CAMP:

Wednesday

4:15 - 5:00 pm

This class strings together circuits of intense exercises for about 30 to 60 seconds each, pausing for only a few seconds between exercises. The idea is to burn fat, strengthen muscles and build endurance

YOUTH FITNESS:

Tuesday & Thursday

4:15 - 5:00 pm

Instructor led sports and fitness games and activities. ***Ages 8-11. Please call to register your child***



Fitness Room Hours:

Monday -Thursday

7:00 a.m. - 5:00 p.m.

Friday

7:00 a.m. - 2:00 p.m.



May Fitness Challenge

Join us for our “**Muscles in May**” Fitness Challenge. Spin the wheel to reveal a strength exercise. Once completed, participants will write their name on a paper flower and add it to our flower to make it bigger and stronger. All names will be entered into our monthly prize drawing.

We had 164 participants complete the **Easter Egg Hunt Fitness Challenge!**

Greek Quinoa Salad

Ingredients:

- 1 C quinoa
- 2 C low sodium chicken broth
- 1 large cucumber (peeled, seeded and diced)
- 10.5 oz. grape tomatoes (cut in half)
- 1/4 C red onion (finely diced)
- 1/4 C fresh parsley (chopped)
- 1/2 C feta cheese (reduced-fat, crumbled)
- 1/4 C red wine vinegar
- 2 TBSP olive oil
- 1/2 TBSP Dijon Mustard
- 1/2 packet Splenda

Directions:

- Cook quinoa according to package directions with chicken broth. Let cool completely.
- In a large salad bowl, combine cooled quinoa and remaining salad ingredients.
- In a small bowl, whisk together dressing ingredients. Pour over salad and mix to coat. Serve cold.



Nutrition Facts

Calories: 115
Total Fat: 5g
Cholesterol: 5mg
Carbohydrates: 14g
Protein: 5g
Sodium: 135mg

Baja Turkey Burgers

Ingredients:

- 12 oz. lean ground turkey
- 2 C packaged coleslaw mix
- 1/2 C salsa verde
- Sprouted whole wheat buns
- 1 avocado, peeled and thinly sliced
- 1/8 tsp salt

Nutrition Facts

Calories: 370
Total Fat: 13g
Cholesterol: 65mg
Carbohydrates: 37g
Protein: 25g
Sodium: 420mg

Directions:

- Preheat a grill to medium high. In a large bowl, gently mix the turkey and ¼ cup of the salsa until just combined. Form the mixture by hand into four patties, about 4 inches in diameter. Grill the burgers until well done (an internal temperature of at least 165° F), about 5 minutes per side. If desired, lightly grill the buns, too. Onto the bottom portion of each bun, arrange ¼ of the avocado slices and sprinkle with the salt. Top each with a turkey burger patty, ½ cup of the coleslaw mix, and 1 TBSP of the remaining salsa. If desired, add a slice of tomato and a lettuce leaf to each. Cover the burgers with a bun top and serve.

