In the United States, twenty-four million children and adults live with diabetes. An additional fifty-seven million Americans are at risk for type two diabetes. If these current trends persist, one out of every three children born today will someday live with diabetes.

November is American Diabetes Month which is dedicated to communicating the seriousness of the disease as well as the importance of diabetes prevention and control. This year the American Diabetes Association will take even more action due to the alarming statistics listed above. November 2009 kicks off the National movement to Stop Diabetes! This movement seeks to gain momentum by gaining support one person at a time. The American Diabetes Association has created four different ways for you, personally, to become involved.

1) Sharing: Inspire others to join the movement by sharing your personal story. Beginning November 2, visit stopdiabetes.com and join Facebook and Twitter to learn more about becoming involved in the Stop Diabetes! movement.

2) Acting: Run, walk, bike or just tell a friend to help build up the momentum of the program.

3) Learning: If you, or a loved one, already has diabetes or are at risk for developing it, ADA can provide medical, lifestyle, and motivational information to prevent this disease from taking control of your life and the lives of those around you.

4) Giving: Sign up with your local ADA office to help raise money for diabetes research, federal and state advocacy and public education. Contact the local Michigan Diabetes Outreach Network at 906-228-9203 for more information on how to become involved at a local level!


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As the days grow shorter in the fall and winter, people are more at risk for developing seasonal affective disorder. People with this condition are thought to react adversely to the decreasing amount of light as well as the colder temperatures. Seasonal affective disorder is more common in women than in men.

The symptoms of SAD are tiredness, fatigue, depression, crying spells, trouble concentrating, body aches, loss of sex drive, poor sleep, decreased activity level, and overeating. The symptoms usually begin in the fall and last until spring.

Researchers believe that SAD is caused by inadequate bright light during the winter months. They have found that bright light changes chemicals in the brain. How this happens exactly is still being studied.

Two primary treatment methods are used for SAD. The first one is phototherapy. This involves exposure to light, especially fluorescent, which significantly improves SAD symptoms of depression. Phototherapy is commercially available in the form of light boxes.

The second form of treatment is antidepressant medications, particularly from the serotonin selective reuptake inhibitor family. Examples of medications that have been successful in treating SAD include Prozac, Zoloft and Paxil.

If you suspect yourself or someone you love is affected by seasonal affective disorder call and make an appointment with your doctor to decide the best treatment options for you or your loved one.


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Inside this issue:

| Fall into Fitness       | 2 |
| Setting Fitness Goals   | 2 |
| Great American Smoke-out| 2 |
| Pumpkin Swirl Cheesecake| 3 |
| Benefits of Taking the Stairs | 3 |
| Test Your Fiber IQ      | 4 |
| Managing Holiday Stress | 5 |
Fall into Fitness

Fall has arrived in the Upper Peninsula. Cooler weather is a great opportunity to get outside and become more active! Depending on your goals, fall activities can promote cardiovascular, muscle building or weight loss. This article highlights several suggestions for fall activities you can participate in today!

1) Baking holiday cookies: Now is the time of year to start baking! Did you know that you can actually burn calories while you make delectable holiday goodies?
   
   **Calorie burn:** 170 per hour

2) Raking leaves: This is a great activity to do with the family and children too!
   
   **Targets:** Full body strength and cardio.
   
   **Calorie burn:** You can burn up to 472 calories an hour.

3) Horseback riding: Due to our rural location, we are surrounded by many horse farms. Several of these farms have horses to rent for the hour or the day, this activity is great if you love animals and want to feel more connected to nature. Versatile Horsemanship is a local horse farm in Marquette County where you can schedule a lesson or go for a trail ride! Contact Brandi Rolling at 906-362-0078.
   
   **Target:** Lower body strength
   
   **Calorie burn:** 236 calories per hour for general riding and 472 calories for racing.

4) Hiking: Hiking is beautiful this time of year and provides a great work-out!

   **Target:** Lower body strength (and upper if you carry a backpack) and cardio.

   **Calorie burn:** 354 calories per hour.

5) Raking: Doing yard work is a great opportunity to burn off extra calories.
   
   **Target:** Upper and lower body strength.
   
   **Calorie burn:** 408 calories per hour.

(Note: all calorie burn figures are approximate and will vary slightly from person to person.)

http://forum.globaltimes.cn/forum/showthread.php?t=7289

Setting Realistic Fitness Goals

Many people put off starting a fitness program because it can seem overwhelming. When you are armed with the proper tools this daunting task becomes more obtainable. There are several things that you can do to guarantee success for your short and long term fitness goals. There are also things that you should avoid when starting the journey to wellness. Below are some dos and don'ts to help put you on the road to healthier you.

**DOS:**

1) Write down your fitness goals because you are more likely to stick with a program once you have set some specific objectives.

2) Strive to eat a well-balanced diet which includes many different fruits and vegetables. It is also helpful to break down your meals so you are eating several mini meals a day.

3) Assess your current fitness level before starting an exercise program. By doing this, you will be able to establish goals that meet your specific fitness goals.

4) Always stretch before and after your exercise routine.

5) Diversify your workout routine. If you do the same exercises day after day, your tiredness will increase and you are more likely to skip workouts.

6) Work out with a friend, it will help you stay motivated.

7) Keep healthy snacks available at all time. This way you are less likely to grab junk food.

(continued on page 3)

Great American Smoke-out!

The third Thursday of every November, Americans take part in the Great American Smoke-out. The purpose of this designated day is to encourage people to quit using tobacco and promote awareness of various tools available to assist them in putting the cigarettes down for good.

The health benefits from quitting are extensive. Twenty minutes after quitting your heart rate and blood pressure drops; twelve hours after quitting the carbon monoxide level in your blood drops to normal; two to three months after quitting your circulation and improves and your lung function increases; one to nine months after quitting coughing and shortness of breath decrease and reduces the risk of infection. Further, after just one year without cigarettes the excess risk of coronary heart disease is half that of a smoker’s!

Research has shown that people are most successful in kicking the habit when they have means of support, such as: nicotine replacement products, counseling, telephone smoking cessation hotlines, prescription medicine, and encouragement from friends and family members.

If you or someone you know are suffering from nicotine addiction—there is help available! As of 2008, all fifty states offered stop smoking hotlines as an easy resource. Call 1-800-227-2345 to get or find support in the Marquette County area.

Source: http://www.cancer.org/docroot/ subsite/greatamericans/content/All_About_Smokeout.asp
Pumpkin Swirl Cheesecake

This Thanksgiving, try this delicious pumpkin swirl cheesecake in place of a traditional pumpkin pie. You and your guests will not be disappointed!

**Ingredients:**
- Cooking spray
- 25 Gingersnap cookies
- 1—3/4 cups sugar
- 4 tablespoons unsalted butter, melted and cooled
- Three 8-ounce packages cream cheese, cut into chunks and softened
- 5 large eggs, at room temperature
- One 15-ounce can pure pumpkin puree
- 1 tablespoon pure vanilla extract
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon salt
- Boiling water
- Heavy-duty foil

**Directions:**
1) Position a rack in the lower third of the oven and preheat oven to 325 degrees. Lightly coat a 9-inch spring-form pan with cooking spray. Using a food processor, grind the cookies with 1/4 cup sugar. Add the butter and pulse to combine. Press the mixture into the bottom and halfway up the sides of the prepared pan. Bake until firm, 3 minutes. Transfer to a rack to cool.
2) Using an electric mixer, beat the cream cheese and remaining 1-1/2 cups sugar until smooth, about 1 minute. Beat in 2 eggs until blended. Transfer 1/4 cup of the cream cheese mixture to a small bowl and set aside. Add the remaining 3 eggs, the pumpkin, vanilla, pumpkin-pie spice and salt and beat until combined, 2 minutes.
3) Set the spring-form pan with the cooled crust on a double layer of heavy-duty foil and wrap the foil tightly around the bottom and sides; set in a roasting pan. Pour the cheesecake filling into the crust. Dollop the reserved cream cheese mixture onto the filling and, using the tip of a knife, swirl together. Transfer the roasting pan to the oven and fill with enough boiling water to reach about halfway up the sides of the spring-form pan. Bake the cheesecake until the center is slightly wobbly but the edges are firm to the touch, 1-1/4 hours.
4) Transfer the roasting pan with the cheesecake to a rack and let cool 45 minutes. Remove the spring-form pan, discard the foil and let the cheesecake cool on the rack for 3 hours. Run a knife around the edges to loosen the cake. Wrap the pan in plastic wrap; and refrigerate overnight.
5) Remove spring-form pan sides. Run a knife under the bottom of the cake to release it, then slide onto a serving platter.


Fitness Goals Continued...

**Do nots:**
1) Do not over-train because your body needs time to recover between work-outs.
2) Do not skip breakfast. Eating breakfast will jump start your metabolism and provide you with the energy you need to get through the day.
3) Do not skip stretching.
4) Do not set unrealistic goals. If you are trying to lose weight, remember that a healthy weight loss goal is one to two pounds per week. If you have significant weight to lose (fifty pounds, for example) do not expect to lose it overnight, this will set you up for disappointment.
5) Do not compare your success and failures with other people because everyone is unique and what works for you may not work for others.
6) Do not work out randomly. To gain maximum benefits you should maintain a consistent fitness routine.
7) Do not give up!
8) Do not forget to reward yourself periodically.
9) Most importantly, remember to keep an open mind and remain flexible when starting a new exercise routine.

Remember, if you are willing to try new things and set reasonable expectations, you will be well on your way to a rewarding path of health and wellness.


Forget Elevators—Take the Stairs!

Leaving the elevator behind and taking advantage of the stairs is an excellent way to combat health problems such as obesity, high blood pressure, heart disease and stroke. With the convenience of elevators, escalators and computers it is easy to go the entire day without getting much physical activity. Making simple changes in your daily routine, such as taking the stairs, can provide significant health benefits. Below are several reasons for utilizing this option.

1) People spend an estimated two-thirds of their lives at their place of employment. In order to stay healthy, finding ways to incorporate physical activity into the workday is important.
2) The 30 minutes a day of physical activity we need for our health can be accumulated one stairway at a time, spread at intervals throughout the day.
3) Physical activities, like climbing stairs are a great way to deal with work-related stress.
4) Climbing just two flights of stairs everyday could result in a loss of 6 lbs per year.
5) Studies show that risk of cardiovascular disease and death is lower among those who are regular stair climbers.
6) Taking the stairs is faster than waiting for an elevator during peak usage times.
7) Using the stairs requires no special skill, equipment or clothing, and it burns twice as many calories as walking.
8) Stair climbing is a green activity, the only energy source being used is our bodies!

There is now free walking in the Superior Dome Monday through Thursday from 6 am—10 pm and Friday from 6 am—5 pm! Please keep in mind that this schedule does not apply during special events.

Frequent hand washing promotes good hygiene and helps stop the spread of germs. This is more important than ever this flu season given the current swine flu epidemic. Throughout the day you accumulate germs on your hands from many different sources including people, contaminated surfaces, foods and animals and animal waste. Not washing your hands frequently enough can promote self-infection by touching your eyes, nose, or mouth.

Infectious diseases that easily spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders. Inadequate hygiene also contributes to food-related illnesses. Below are five scenarios of how germs are commonly transferred. Please use this information to improve your hand-washing habits and increase your chance of avoiding illness!

FIVE COMMON SCENARIOS OF HOW GERMS ARE TRANSFERRED

1) Hands to food: germs are transferred from unclean hands to food, usually by an infected food preparer who did not wash their hands after using the toilet.

2) Infected children to other children: During diaper changing, germs are passed from an infant with diarrhea to the hands of a parent; if the parent doesn’t immediately wash their hands before handling another child, the germs that caused diarrhea are passed to the adult and second child.

3) Foods to hands to food: germs are transmitted from raw, uncooked foods such as chicken, to hands; the germs are then transferred to other foods such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.

4) Nose, mouth or eyes to hand to others: germs that cause colds, eye infections, and other illnesses can spread to the hands by sneezing, coughing, or rubbing the eyes and then can be transferred to other family members or friends.

5) Food to hands to children: germs from uncooked foods are transferred to hands and then to child. For example, if a parent handling raw chicken doesn’t wash their hands before tending to the child, they could transfer germs such as salmonella from the food to the child.

In all five of these scenarios, hand washing can prevent the transfer of germs. It is recommended that you wash your hands for at least 20-30 seconds—about the length of time it takes you to sing “Happy Birthday.”


### Test Your Fiber IQ

Do you know how much fiber you should consume? Are you familiar with foods that contain fiber? Take the following quiz to improve your fiber IQ!

1) Experts say that fiber can be beneficial to your health if we consume how many grams a day?
   A) 5 grams per 1,000 calories
   B) 10 grams per 1,000 calories
   C) 14 grams per 1,000 calories

2) Fiber is found in naturally stringy vegetables and meats such as flank steak and celery?
   A) true
   B) false

3) Which of the two types of fiber is most important to consume?
   A) soluble
   B) insoluble

4) Which of the following foods contains the least amount of fiber?
   - A) One ounce of shelled pumpkin seeds
   - B) One cup of iceberg lettuce
   - C) A half cup of tomato sauce

5) Switching from a low-fiber to a high-fiber diet is easily done within a few day and will provide immediate benefit?
   A) True
   B) False

6) The typical American eats how many grams of fiber daily?
   A) 12
   B) 15

7) A high-fiber diet can lower your?
   A) Cholesterol level
   B) Risk for colon cancer
   C) Chances of developing headaches

8) Which is the champion of fiber content among these veggies?
   A) Peas
   B) Beans
   C) Carrots

(Answers are on the back page)

Source: http://www.fairview.org/staywell/quiz_load.aspx?ContentType=40&ContentId=BigfiberQuiz
Managing Holiday Stress

Many times, high expectations during the holiday season mean additional stress to carry around. Planning for the holidays can leave you impatient, crabby, or just plain depressed. If this reflects your holiday attitude, try implementing some of the following strategies to increase satisfaction and embrace the holiday spirit.

Try and ask yourself if your expectations are realistic for the holidays. List on a piece of paper what you expect from yourself and family during the holidays. Careful review of these statements may allow you to realize potential holiday stressors. Under each item in the list, write down what changes you can make to prevent or decrease stress.

Instead of scouring for “the perfect gift” to get the “person who has everything,” ask what they want and shop early when there is more of a selection. It is also important to stick to your gift budget.

When planning family get-togethers, buy prepared foods, instead of cooking everything from scratch. You could also ask your guests to come with their favorite holiday dishes. In order to practice better time management, cook and freeze foods ahead of time.

Seriously consider simplifying commitments and traditions. Re-evaluate past traditions and have a discussion with your family about which are most important to them. Don’t over schedule yourself and allow enough time to relax and recover after visiting with others. It would also be helpful to tell family members about your commitments so that you are not struggling against their expectations.

When it comes to the large holiday dinners, avoid overeating and overdrinking alcoholic beverages. Really take the time to enjoy the food and family. Don’t starve yourself in anticipation of eating at holiday parties because you could end up eating too much of the wrong foods. It is also important to continue exercising and watching your diet.

Managing your time can help significantly with holiday stress. Make sure to set priorities and try not to focus on achieving impossible goals. Ask others, including the children, to help you with chores. Take time to finish up on tasks that are the most important to you and don’t try to complete all of them at once. Perhaps most importantly, rest when your body tells you to!

Answers:
1) C. 14 grams per 1,000 calories.
2) B. Fiber comes from plants and is contained in most foods with complex carbohydrates, including many fruits and vegetables, as well as whole grains cereals and breads.
3) C. Both are important and many high-fiber foods contain both. Insoluble fiber, which does not dissolve in water, is found in cereals, whole grain products, and some vegetables. It helps push food through the digestive tract and is said to promote a healthy digestive system. Soluble fiber, which forms a gel when mixed with water, is found in oats, peas, beans, certain fruits, and a grain known as psyllium, and can also lower blood cholesterol levels.
4) B. Iceberg lettuce may be deceiving because it is crunchy; however, it contains less than a gram of fiber. Tomato sauce contains 2.6 gram and pumpkins seeds contain 10 grams of fiber.
5) B. Add high-fiber foods to your diet gradually. If you add them overnight you may cause bloating, gas, discomfort or more serious problems. If you are adding lots of bran and other fibers be sure to drink plenty of fluids. If you don’t, the bran can absorb most of the water in your intestines and cause an obstruction.
6) A. 12-17 grams is what we eat, according to 2008 American Dietetic Association statistics.
7) A. Soluble fiber helps lower cholesterol.
8) B. Beans are fiber-rich, even better than peas (2.4 grams per half cup) and carrots (2 grams per half-cup cooked). In half-cup portions, here is a rundown of the grams of fiber in various types of beans: kidney, 6.9; navy 6.5; pintos, 5.9; lentils 5.2; lima, 4.3; and split peas, 3.1

Source: http://www.fairview.org/staywell/quiz_load.aspx?

Source: http://www.nmu.edu/wellness

PORTION DISTORTION: How has portion size changed in the past twenty years? Take a look…

Coffee (with whole milk and sugar):
20 years ago: 8 ounces, 45 calories
Today: 16 ounces, 305 calories

Blueberry Muffin:
20 years ago: 1.5 ounce, 210 calories
Today: 5 ounces, 500 calories

Pepperoni Pizza:
20 years ago: 2 slices, 500 calories
Today: 2 large slices, 850 calories

Chicken Caesar Salad
20 years ago: 1-1/2 cups, 390 calories
Today: 3 cups, 790 calories

Popcorn:
20 years ago: 5 cups , 270 calories
Today: 1 tub, 630 calories

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Source: http://hp2010.nhlbihin.net/portion/portion2

Source: http://www.fairview.org/staywell/quiz_load.aspx?

Portion Distortion: How has portion size changed in the past twenty years? Take a look...