



# Monthly News

Chronic care Active Management & Prevention

"Empowering people and communities to promote healthy lifestyles and improve the quality of life for people with chronic illnesses."

## Exercise and cold weather: Stay motivated, Fit and Safe! retrieved from [www.mayoclinic.com](http://www.mayoclinic.com)

Cold weather doesn't have to mean putting outdoor exercise on ice. Here's how to exercise safely — even when it's 20 below!

Winter can frustrate the most motivated exercisers. And if you're not so motivated, it's all too easy to pack your workout gear away with your summer clothes. But keeping up your exercise routine in cold weather can be rewarding. For one thing, outdoor exercise is a sure cure for cabin fever and the winter blues. And it increases energy, which can be sapped by gloomy weather. Exercise also bolsters your immune system — studies show that moderate exercisers get 20 to 30 percent fewer colds than nonexercisers do. With the right clothing and a little planning, cold-weather exercise can be safe, effective and, yes, fun.

**Taking it outside.** Here's how to get the most out of your cold-weather workout:

**Check with your doctor.** Experts say that almost everyone can exercise safely in the cold, including people with asthma and heart problems. If you have health concerns, get your doctor's OK.

**Layer it on.** One of the biggest mistakes cold-weather exercisers make is dressing too warmly. Exercise generates a considerable amount of heat — enough to make you feel like it's 30 degrees warmer than it really is. At the same time, once you start to tire and the sweat dries, you can get chilled. The solution? Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, try fleece for insulation. Top this with a waterproof, breathable outer layer.

**Protect your extremities.** When it's cold, blood is shunted to your body's core, leaving your hands and feet vulnerable to frostbite. Try wearing a thin pair of gloves

under a pair of heavier gloves or mittens lined with wool or fleece. You might want to buy exercise shoes a half-size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don't forget a hat or headband — 30 to 40 percent of your body heat is lost through your head.

**Choose appropriate gear.** If it's dark, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls. Wear a helmet for skiing, snowboarding and snowmobiling.

**Remember sunscreen.** It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and has an SPF of at least 15 or higher. Use a lip balm that contains sunscreen, and protect your eyes from snow and ice glare with dark glasses or goggles.

**Head into the wind.** You'll be less likely to get chilled on the way back if you end your workout — when you may be sweaty — with the wind at your back.

**Drink plenty of fluids.** Drink water or sports drinks before, during and after your workout — even if you're not thirsty. You can become just as dehydrated in the cold as in the heat from sweating, breathing and increased urine production.

**Pay attention to wind chill.** The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Fast motion — such as skiing, running, cycling or skating — also creates wind chill because it increases air movement past your body. When the temperature is 10 F (-12.2 C) and the air is calm, skiing at 20 miles an hour creates a wind chill of minus 9 (-22.8 C). If the temperature dips well below zero (-17.8 C), choose an indoor activity instead.

**Know the signs of frostbite and hypothermia.** Frostbite is most common on your face, fingers and toes. Early warning signs include paleness, numbness and loss of feeling or a stinging sensation. If you suspect frostbite, get out of the cold immediately and slowly warm the affected area without rubbing.

**Stay motivated.** When it's cold outdoors, there's no need to hit the couch. With a little knowledge and fortitude, you can meet the challenges — and reap the rewards — of winter exercise. For many people, the solitude and quiet alone are reason enough to brave the elements.

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### Check it out!

[www.myfoodapedia.gov](http://www.myfoodapedia.gov)

### Healthy Tip

*Eating an orange  
a day may be one  
of the secrets to  
living younger  
longer.*

# HEALTHY RECIPE

## Crab Cake Burgers retrieved from [www.eatingwell.com](http://www.eatingwell.com) recipes

These burgers have a true crab flavor that isn't masked by fillers or strong seasoning. Serve on a bun with tartar sauce or with a lemon-juice-dressed salad of greens, sprouts and sliced peaches. This recipe works best with convenient pasteurized crabmeat, usually found in the refrigerated case near the fish counter. If you prefer lump crabmeat, cut it into small, uniform pieces.

**6 servings, Active Time:** 20 mins, **Total Time:** 20 mins

### Ingredients

- 1 lb crab meat
- 1 egg lightly beaten
- 1/2 cup breadcrumbs
- 1/4 cup light mayonnaise
- 2 tbsp minced chives
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp celery seed
- 1 tsp onion powder
- 1/4 tsp ground pepper
- 4 dashes hot sauce
- 1 tbsp extra-virgin olive oil
- 2 tsp unsalted butter

### Preparation

1. Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a large bowl. Form into 6 patties.
2. Heat oil and butter in a large nonstick skillet over me-

dium heat until the butter stops foaming. Cook the patties until golden brown, about 4 minutes per side.

### Nutrition Information

**Per serving:** 163 calories; 8 g fat (2 g sat, 3 g mono); 86 mg cholesterol; 6 g carbohydrates; 16 g protein; 0 g fiber; 350 mg sodium; 310 mg potassium

**Nutrition Bonus:** Selenium (44% daily value), Zinc (20% dv), Vitamin C (15% dv).

**Exchanges:** 1/2 starch, 2 very lean meat, 1 fat (mono)



## Real Age Tip of The Day Burn More Calories with This Lazy Habit [www.realage.com](http://www.realage.com)

Want to burn more calories during the day? Then hit the snooze button.

Seriously. Recent research shows how a sleep deficit does more than foster cappuccino cravings. A lack of slumber may also increase your risk for weight gain -- *even if you're not overeating.*

**Sleepless and Sinking.** In a study, middle-aged women who slept 5 hours or less per night gained more weight than the women getting 7 or more hours of shut-eye nightly. And the sleepless set was at much higher risk of gaining significant weight -- as much as 33 pounds -- during the 16-year study. Whoa! Women who slept 6 or fewer hours nightly also tended to gain a bit more weight than the 7-hour sleepers.

**Haywire Hormones.** The truly big surprise of the study? The short sleepers weren't raiding the cookie jar. In fact, they took in about 50 fewer calories than their skinnier, longer-sleeping peers. All of which left the researchers to speculate that a lack of sleep may somehow depress metabolism, so people burn fewer calories around the clock. Missing out on deep, restorative REM sleep could also alter hormones in as yet undiscovered ways linked to higher body weights. Better hit the hay happy -- and sleep better -- with these steps:

- **Jot down your worries.** Putting your concerns on paper can help you sleep better.

- **Sleep solo.** Your deepest sleep might be had by sleeping single in a double bed.
- **Log out of Facebook earlier.** Computer and TV light can scramble your body's natural sleep-wake cycles.
- **Pull on some wooly socks.** It helps your body release heat as a prelude to slumber.

### References

[Association between reduced sleep and weight gain in women.](#) Patel S. R. et al., *American Journal of Epidemiology* 2006 Nov 15;164(10):947-954.

# Diabetes Corner

## Diabetes Foot Care By Susie Hale, LPN

When you have diabetes, proper foot care is very important. Poor foot care with diabetes can lead to serious health problems, including possibly having to remove the foot or leg (amputation). It's important to understand the connection between diabetes and foot care. As a person with diabetes, you are more vulnerable to foot problems because diabetes can damage your nerves and reduce blood flow to your feet. By taking proper care of your feet, most serious health problems associated with diabetes can be prevented.

### Here are some diabetes foot care tips to follow:

- Daily washing and inspection (wash feet with soap and water, and inspect for redness, cracking, and sores, apply a moisturizing lotion after washing. If it is difficult to reach or see the feet, get a family member or caregiver to assist with washing, moisturizing, and inspection.)
- Keeping walking areas clear of dangerous objects (This often happens when someone is getting out of bed in the dark to go to the bathroom, and can be prevented by using nightlights and providing a clear path.)
- Select and use appropriate and properly fitted footwear.
- Using slippers indoors (no bare feet).
- Proper nail and callous care (cut toenails after bathing when they are soft, cut toenails straight across and avoid cutting into the corners.)
- Avoiding extreme temperatures (patients with neuropathy can be unaware of thermal injury.)
- Avoiding soaking your feet.
- Promptly report problems such as infections, ulcers, and cuts that do not heal. Superficial cuts, scratches, and blisters that do not heal in three days should be seen by the clinic. Deep cuts and any wounds with redness, drainage, swelling, pain or dark discoloration should be reported promptly and evaluated.

Your feet take you everywhere so take very good care of them.



## Snowshoeing: First Steps Retrieved from [www.rei.com](http://www.rei.com)

### Why go Snowshoeing?

Snowshoeing is the original snowsport. What started thousands of years ago as a mode of transportation has evolved into a popular winter activity for recreation and fitness.



Snowshoeing extends your hiking, climbing or running season into winter. It appeals to anyone who wants to enjoy nature in winter. Plus, snowshoeing can be a social activity. Kids and adults, beginners and seasoned veterans alike, can all enjoy the sport together.

Snowshoeing is easy to do. As the saying goes, "If you can walk, you can snowshoe!" Since snowshoes offer more control, a beginner can venture sooner onto steeper terrain than he or she could with a snowboard or skis. Snowshoeing is inexpensive. It is not likely to break your budget. Required gear includes the snowshoes themselves, appropriate footwear and clothing, and sometimes a pair of poles.

Snowshoeing is a good workout, it offers low-impact, aerobic exercise and is a great way to stay in shape during the winter. Snowshoeing is versatile. It can be as gentle or as adventurous as you'd like. You can snowshoe many trails that you can't ski due to trees and willows or low-snow conditions.

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[www.myspace.com/nshc\\_camp](http://www.myspace.com/nshc_camp)



## Snowshoeing: First Steps Continued from page 3....

### What to wear?

It's important to choose the right gear when snowshoeing. Suitable boots and moisture-wicking clothing layers are recommended. Your goal, after all, is to stay dry, warm and comfortable. Insulated, waterproof boots are best. They are made with a thick sole, rubber/leather uppers and insulation inside. Leather hiking boots work well, especially if they are waterproof. Wool or synthetic socks with wicking liners promote warm, dry feet. Choose layers that can be adjusted to your activity level and the weather. Avoid cotton. Synthetics and wool offer heat retention when wet. Wear long underwear that wicks away moisture, insulates well and dries quickly. Choose microlight, lightweight or midweight versions

based on your comfort in cold weather. Polyester fleece makes a good insulating mid-layer since it retains heat when wet and breathes as you exercise. A waterproof, breathable shell jacket and pants keep you dry and fend off wind. Keep your head and hands covered to prevent loss of body heat and to protect from sunburn.

### Safety Tips.

The key to safe snowshoeing is staying within the limits set by your physical abilities, the environment and your equipment. If you're new to snowshoeing, stay on established trails at first. That way, you're never too far from other people, and you're not likely to encounter outdoor hazards. Be sure to carry extra layers for warmth, particularly an extra base

layer (long underwear) top in case the one you're wearing gets wet from exertion or the weather. Know the signs of hypothermia so you can recognize them in members of your party. It's as important to drink during cold-weather exercise as it is in summer. Not only does water keep your muscles functioning, it also helps your body fend off hypothermia. Keep your water from freezing by using an insulating cover for your water bottle.

**Need snowshoes? Call  
or visit the CAMP  
office to rent a pair  
at no cost!**

