SETON CENTER FAMILY & HEALTH SERVICES

VOLUME 2, ISSUE 1

SETON WELLNESS NEWSLETTER

JANUARY/FEBRUARY 2008

CELEBRATE HEALTHY WEIGHT WEEK 2008

January 20-26, 2008 is Healthy Weight Week. Purpose: To promote a long term healthy lifestyle. The concept is to discourage fad dieting, and unrealistic weight loss goals. The following are tips for celebrating Healthy Weight Week:

1.) Incorporate more physical activity than usual during this week (but do not over do it)– Focus incorporating extra activity in your daily routine such as walking up and down the steps a few more times than usual, walk more briskly than you normally would. Focus on activity not calories that are being burned. After this week try to keep the enthusiasm and continue with physical activity that is realistic.

2.) Eat Normally– Avoid dieting, eat correct portion sizes on the packaging rather than creating your own portion size as sometimes our portion sizes are larger than normal.

3.) Eat More Nutritiously– Try a veggie or a fruit that you have never eaten before or one that you do not eat as often

4.) Be confident and love yourself– The Society and the media often place enfaces on sizes, however there are healthy people of all sizes and shapes. This week try to be the best YOU that you can be

5.) Relax, and remain as stress free as you possibly can– Take a few deep breaths, set aside some quiet time for your self, laugh more

6.) *Stop by Seton Center to Celebrate on Wednesday January 23rd– Learn other tips to incorporate into your lifestlyle for a healthier you, enjoy a healthy snack, register for prizes (see additional details on page 2 of this newsletter)*

DIABETIC RECIPE…

Cod Provencal

Ingredients:

-1pound cod or halibut, cut into 4 pieces

-Freshly ground black pepper

-2 ripe tomatoes, diced

-2 green onions sliced

-1 clove of minced garlic

-1/4 cup kalamata olives, rinsed cut into small pieces

2 tbsp chopped basil leaves

Pinch of red pepper (optional)

1 tbsp olive oil

Exchanges– 1 vegetable

3 very lean meat

140 calories per serving, 4 grams fat,

4 grams carbohydrates

Directions:

Arrange cod in a single layer in baking dish. Season w/pepper

In a bowl, combine tomatoes, green onion, garlic, olives, basil, red pepper, black pepper, then spoon mixture over the fish filets; drizzle with the olive oil

Bake in preheated oven for 15 to 20 minutes or until fish flakes when tested with a fork. Serve warm and spoon extra pan juices over the top

NEW PROGRAMS…

Lunch N Learn Sessions

Have a light lunch on us and receive the most current and up to date health information on prevention of chronic diseases such as

diabetes, heart disease and more !

Also ***Recipe Rehab***—a fun time to learn how to make family recipes healthier while networking, and socializing with other people that have similar health goals as yourself ! Don't delay call to find out more information .

Contact Nichole Wates @ (816) 231-3955 for additional details and / or to register

LIGHTING PATHWAYS TO HEALTHIER LIVES...

Visit our website www.setonkc.org

SETON CENTER FAMILY & HEALTH SERVICES

2816 East 23rd Street

Kansas City, MO 64127

Phone:(816) 231-3955

Fax: (816) 231-3955

Be the first to know-

Contact Nichole Wates-Wellness Program Director at

(816) 231-3955

and leave your name and complete mailing address including zip code. You will receive the Wellness Newsletter, health tips, and information on upcoming classes and events at Seton.

Questions to ask your doctor on your next doctor visit

1.) What is my risk for Heart Disease

2.) What is my blood pressure? What does it mean for me?

3.) What are my cholesterol numbers? What do they mean for me, and what do I need to do about them?

4.) What are my "body mass index" and weight measurements?

Do either of them indicate that I need to lose weight for my

Health?

5.) What is my blood sugar level, and does it mean that I am at risk

For diabetes?

6.) What other screening test for Heart disease do I need?

How often should I return for check ups?

7.) What can you do to help me quit smoking?

8.) How much physical activity do I need to protect my heart?

9.) What is a heart healthy eating plan for me?

10.) How can I tell if I am having a heart attack?

UPCOMING WELLNESS EVENTS...

January 2008

Tuesday-1st-Happy New Year

Tuesday-8th–11:15am-12:00noon

Arthritis Exercise

Tuesday-15th-11:15am to 12:00 noon Arthritis Exercise

Monday 21st 10:00am to 11:30 am January 21st Celebrate Healthy Weight week at Seton Center

Tuesday-22nd- 11:15am to 12:00noon Arthritis Exercise

Monday-28th—10:30am –12:00 noon –Know Your Numbers- Blood Pressure checks and glucose screenings administered by Nurses from St. Joseph Medical Center in the wellness department...

Also on Monday 28th -1:30 to 3:00pm-Project Strength Nutrition Class receive a free bag of groceries

Wednesday, January 30th 11:30am to 12:15 noon–Lunch N Learn Session in the Wellness room topic "Live Like Your Life Depends On it " 11:15am –12:00 noon

February 2008

February-1st– 10:30am-12:00noon True love is taking care of yourself and your heart– Come to Seton Center to Celebrate National Wear Red Day/ Heart Health Month and to receive tips on how to keep your heart healthy for the month of February and all year long- Door Prizes given...

February 4th 1:30pm to 3:00pm– Project Strength receive a free bag of groceries

February 5th-11:15am to 12:00noon Arthritis Exercise

February 11th-1:30pm to 3:00pm Project Strength receive a free bag of groceries

February 12th-11:15am to 12noon Arthritis Exercise

February 18th– 1:30pm to 3:00pm Project Strength receive a free bag of groceries

February 19th-11:15 to 12:00 noon Arthritis Exercise

February 25th–1:30pm to 3:00pm Project Strength receive a free bag of groceries