

Fitness Room Upgrade

Physical activity is one of the best things you can do for your body. For this reason, the Diabetes Awareness Program has updated the equipment in our fitness room at Potawat.

The new setup includes equipment that have customizable settings to meet the individual's fitness level.

WaterRower

Offers an aerobic workout by using a water-based resistance system that mimics the rowing experience.

- Minimal impact on joints.
- Full body workout.
- 700 pound capacity.

Arc Trainer

Once a user enters their metrics this machine self-adjusts for an individualized workout.

- Movement is low impact on ankle, knee, and hip joints due to arcuate pattern of motion.
- Easy to use.
- 400 pound capacity.

Exercising your muscles helps your body to process unused glucose (blood sugar) more efficiently. Your muscles use some of that glucose during physical activity so the rest of your body (like liver and kidneys) has less excess sugar to deal with.

Bravo Functional Trainer

This piece of equipment uses resistance to strengthen functional movement. It offers a large range of exercises to meet an individual's current ability and future progress.

Progressive stabilization system is a pad that adjusts for height and horizontal position. This helps maintain your posture, making it safer than an average cable machine.

Multiple attachments accommodate grip strength and increase variety of workouts.

Contact Ryan Matteri, Fitness Coordinator, for questions and/or scheduling at 707-825-4162.

Our program is moving towards bringing Support Group back and would like your input to help us prepare.



We would like to know:

1. From the list below, which do you find most beneficial in a support group (top 3):

- ◇ Learning about coping skills and strategies.
- ◇ Socializing with others who are also living with diabetes.
- ◇ Expressing emotions related to living with diabetes.
- ◇ Learning more about healthy living from our team.
- ◇ Getting new recipes & ideas for meals/snacks.
- ◇ Other

2. Do you prefer participating in a support group through Zoom or In Person?

Are you able to access Zoom?

3. Which days (Monday, Tuesday, or Friday) would you be able to participate?

4. Which time of day is best for you?
7-8 AM, 12-1PM, or 6-7PM

5. How do you like to learn?

- ◇ Hands-on, practice
- ◇ Reading materials, handouts
- ◇ Images, videos
- ◇ Listening
- ◇ Other

Your participation is greatly appreciated!

Send your feedback responses, suggestions or questions by emailing Taiya.Baldy@uihs.org or by calling 707-825-4144.

Yield	Prep	Cook	Total Time
6 servings	6 min	4 min	10 min

Ingredients:

- 1 1/2 pounds baby spinach leaves
- 2 tablespoons good olive oil
- 2 tablespoons chopped garlic (6 cloves)
- 2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- Lemon
- Sea or kosher salt, optional

Directions:

1. Rinse the spinach in cold water. Dry spinach, leaving just a little water clinging to the leaves.
2. In a large pot, heat the olive oil and sauté the garlic over medium heat for about 1 minute, but not until it's browned.
3. Add the spinach, the salt, and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes.
4. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a spoon, until all the spinach is wilted.
5. Using a slotted spoon or tongs, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.

Nutrition Info.

Calories: 109; Total Fat: 6g; Sat Fat 2g; Chol: 5mil; Sodium: 821; Carbs: 13g; Fiber: 5.5g; Protein: 3g

<https://www.foodnetwork.com/recipes/ina-garten/garlic-sauteed-spinach-recipe-1944598/>

Spring into Green

It wasn't that long ago when most people in our area knew the best time to pick blueberries or which vegetables would grow best in their garden and when. Now these foods are available all year and this modern way of living has led us to lose touch with seasonal foods.

Four benefits of seasonal eating

1. It's better for your health. Produce grown in its peak season has shown to be more rich in nutrients.
2. Better tasting.
3. Shopping locally grown produce helps support smaller businesses and local economy.
4. When a fruit or veggie is in season, it's abundant and likely to be available at a lower price.

Fun Fact!

Spinach juice was added to wine and given to soldiers who had been injured during World War I.

The reason: Spinach is good for building blood!

Spinach is in season October through June and is one of the *most* nutritious vegetables. It's high in iron, which helps build red blood cells. Red blood cells carry oxygen through the body and provide energy. Spinach is also high in chlorophyll and carotenoids. These chemical compounds are known for their ability to fight disease, improve eye sight, and perhaps even prevent or treat certain cancers. It's also a good source of vitamin A, vitamin K, and vitamin C.

Spinach is easy to grow in a garden and grows best during cool, rainy spring weather.

Easy to incorporate in meals too! Add some leaves to a sandwich, an omelet, smoothie, soup... the list can go on and on!

When shopping for fresh spinach keep in mind to look for evenly colored leaves with no mushy spots. Small leaves are more likely to be tender and larger leaves tend to be stringy in texture. Buying frozen spinach is a good choice if you don't plan to use it within the next few days.

UIHS Diabetes Awareness Program (DAP) shares information to support community members in living a healthy lifestyle. To stop or start receiving the Repchem newsletter contact DAP at 707-825-4144.

Side Dish

Garlic Sauteed Spinach

10 Minutes Side Dish!



Mark your Calendar!



Health in a Nutshell

Join us on the 1st and 3rd Mondays of each month!

The Diabetes Awareness Program (DAP) at UIHS is hosting a series of Zoom sessions that will cover popular topics related to diabetes. Each session will include a 20-30 minute presentation, time for discussion, and a drawing.

Those living with diabetes and their families can benefit from participating.

**Starts Monday, March 7th
@ 5:30 PM**

Includes a chance win prizes!



To get the Zoom link or for questions call 707-825-4144 or send an email to Taiya.Baldy@uihs.org