

Being Healthy in 2012



Kick start your New Year with this one great idea for healthy weight:

We know a healthy weight can help protect against diabetes and its complications, yet Americans are struggling with keeping a healthy weight because, in general, we are eating more and moving less. In the interest of keeping your weight in control, consider this idea:

Before you reach for a treat (like soda or other sugary drinks, cookies, cakes, chips, candy, and so on) try thinking about the activity it takes to burn it off:



- A 20 ounce regular soda (~250 calories) = 40 minutes jogging*
- A large McCafe Peppermint Mocha (~300 calories) = 60 minutes fast walking*
- 1 large chocolate chip cookie (~100 calories) = 30 minutes walking*
- Medium French fries (~425 calories) = almost an hour of cross country skiing*

While there is room in any healthy diet for treats, as a society we consume way too many empty calories and way too little of the good stuff. Traditional foods like corn, beans, squash, berries, whole grains, fish, game, nuts, water...that's good stuff. Keep yourself and your family (kids too) on a healthy path by having plenty of the good choices on hand and limiting the amount of treats you buy.


*Calories and calories burned are based on averages.

If you want help fitting more good food into you life and leaving treats behind, consider an appointment with GLIHC's dietitian, Jennifer. Currently scheduling February appointments at 383-9526 x 100

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Thank you for a Great Holiday Toy Give away!

A special **thank you** goes out to all our sponsors who gave presents for our Holiday Toy Program! Together, we collected and distributed over 270 gifts to the children of our community!

Thank you to SEOTS, Avnet Electronics, Bostik, CG Schmidt, Milwaukee Mennonite Church, RBC Wealth Management, US Forest Service, Sharon Grover, Dr. Susan Davids, Leah Arndt, and Marni K. Hebert for making the holiday season brighter for over 270 children!



Like us on
Facebook

We can help you

***Protect yourself
against the flu!***



Flu season is right
around the corner...

Contact GLIHC's Medical Clinic to make an appointment to receive a flu shot today: 414-383-9526 x 100

Friday night

Drumming

Drumming will be held in the



2nd floor Gathering Room on January 13th and 27th

Starting at 5:30pm.

Bring a dish of food to pass if you wish.

Call 414-383-9526 x 300 for more details.

***Take Care of yourself
and receive a Gift Card.***

Get Your Mammogram

Contact Desiree for more info:
414-383-9526 x 118 or
DSchocko@glihc.net



All Nations Wellness Center

The ANWC provides social, mental, and wellness services to the community.

Ongoing ANWC Programs:



AODA Support group

Monday mornings at 10 am in the Gathering Room

Thursday Talking Circle

Thursday evenings at 5 pm in the Gathering Room.

ANWC Fitness Center

With Jim Wittlieff, Fitness Consultant

Extended hours available for clients who have completed prerequisites. All clients must have a doctor's clearance to use the gym. Jim's services are free for clients & enrolled tribal members. Nominal fee may apply to all others.

WOLFE (Work Out, Low Fat, for Elders)

Wednesdays; Fun fitness and cooking class. Elders aged 45 and greater are welcome! In partnership with the Indian Council of the Elderly; transportation is available. For the month of **January**, classes include water exercises (see page 4 for details) and cooking classes will be on hold until Feb; group members are encouraged to bring lunches and share a meal in the teaching kitchen at GLIHC after the workout. Call Jim at 383-9526 x 300 for more info.

Annual Community Baby Shower!



We will be having a Community Baby Shower on Friday January 13th from 9AM to 6PM at the Menomonee Falls Sentry Foods Store. We are asking for donations of new/gently used baby clothing, unopened diapers, baby food, blankets, formula, bottles, wipes, and anything a cute little baby would need! Tell your friends! For more information or to volunteer, contact Alyssa or Shar at 383-9526 x300.

The All Nations Wellness Center is Gerald L Ignace Indian Health Center's social, behavioral, mental, fitness, and wellness department. A variety of services and resources not listed here are available. Please call for information 414-383-9526 x300

Please call **414-383-9526 x300** to set up an appointment.

HOURS:

Office hours are by appointment

The agency is closed each lunch hour and the 1st Thursday of each month -until 1pm.

2 Good Reasons to Be More Active *by Jim Wittlieff*

1. Regular Exercise Improves Sleep

December's issue of the *Journal of Mental Health and Physical Activity* published findings that add to the body of research that shows regular exercise is good for sleep.

Oregon State University evaluated more than 3,000 adults' (18 – 85yrs.) physical activity for a week. Results showed, *“Those who did moderate exercise for 150 minutes or vigorous activity for 75 minutes or a combination during that week had a 65% better quality of sleep than those who didn’t.”* The active participants also reported feeling less tired during the day and reported having fewer leg cramps while sleeping.

Other research has shown poor sleep to be associated with inflammation in the body (joints, muscle, etc), high blood pressure, increased blood sugar levels, as well as insulin resistance in people with type 2 diabetes. All of these conditions can be controlled and some may even be eliminated by regular physical exercise, improved nutrition and consistently taking prescribed medications.

If you are having problems with sleep, lack of energy, cramps, joint and muscle pain; please see your medical provider at GLIHC and consider obtaining a referral to the Fitness Center.



2. Regular Exercise Reduces Risk of Some Cancers

Data presented at the November meeting of the American Institute for Cancer Research indicates that being sedentary (having little to no physical activity) is a risk factor for certain cancers. The AICR declared that sedentary living is linked to 49,000 of breast cancer and 43,000 cases of colon cancer in the U.S. annually. The AICR went on to say that regular/consistent exercise can reduce the risk of colon cancer and breast cancer by 35%.

Bottom-line

Regular exercise is an inexpensive yet key part of leading a long and healthy life. Making regular activity part of your life is an important factor in preventing illnesses such as cancer, diabetes and heart disease.

It's your choice to be active for your health, but when you're ready, we can help. If you'd like to get a personal fitness plan, get a referral to see Jim at our Fitness Center from your medical provider. Call today 414-383-9526 for more information and to get started.

Jim's Fitness Corner *By Jim Wittlieff*



So many ways to stay fit in the new year....

New Combo Fitness Class!

Get more bang for your buck—this new class combines aerobic activity, strength training, and flexibility exercises in just one hour! The class will be fun and challenging and is for every age level, fitness level, and gender.

Tuesdays and Thursdays from 3-4 pm and 4-5 pm



Arthritis Foundation Tai Chi

Tuesdays and Thursdays from 5:30 to 6:30 pm.

Call Jim for dates: 383-9526 x 300

CLASSES ARE FREE* & FUN! (*cost for non-Native people is \$5/class)

Arthritis Foundation Shallow/ Warm Water Exercise

Classes held Nov –Jan at St Ann's Aquatic Center. Wednesdays from 10 am to 11 am.

WOLFE Group Cooking Class directly afterwards for those 45 years or better.

Transportation available; leaving GLIHC at 9:30 sharp. (*cost for non-Native people is \$5/class)

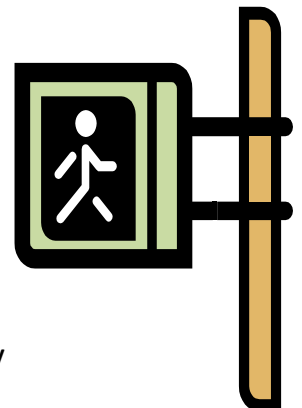
New Morning Walking Program

The Arthritis Foundations' *Walk With Ease Program* may help to improve your general health and fitness and to prevent or control arthritis, diabetes or pre-diabetes. Held indoors at the South Ridge Shopping center—call Jim for times: 383-9526 x 300

Participants should be able to be on their feet for five to ten minutes.

If you can only walk for 5 to 15 minutes, the program can help you slowly build up to a "goal" of at least 30 minutes of walking 3 times a week.

Experienced walkers can work at their own increased pace. A \$10 Fee for the WALK WITH EASE BOOK as well as INCENTIVES (T-Shirts, etc.) will be refunded after successfully completing >80% the program. The class will be taught by Certified Walk With Ease leader, Jim Wittlieff.



Please contact Jim at 414-383-9526 x 300 or JWittlieff@gliihc.net with your comments or if you have questions/concerns about physical activity or would like to set up an appointment to use GLIHC's Fitness Center and get one-on-one coaching by Jim.

Save the Date
Red Shawl Gala
April 14, 2012

An array of sponsorship opportunities available for our annual fundraising gala! Contact CSchwingle@gliihc.net for info.



Have a Safe, Healthy &
Happy New Year!



In case of unsafe weather, the GLIHC may close.

We will make every effort to contact you to let you know if appointments must be rescheduled, but please call us to make sure we are open: 383-9526



Gerald L Ignace Indian Health Center

Improving the peace, health, and welfare of Milwaukee's urban Indian community.

1711 South 11th Street
Milwaukee, WI 53204
414-383-9526

Visit us online: www.gliihc.net



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