Healthy Futures Newsletter

January starts off the new year, let's make a commitment to a healthy year by joining Healthy Hearts Program! The Healthy Hearts Program is a 6-week program to help you live a healthy lifestyle through physical activity and health education. We use daily education, group support and incentives to help motivate you to make healthy behavior changes to live your life to the fullest. Our program is designed for the members of the Fort McDowell Community and eligible Native Americans. Our program is designed to help educate you to improve your health and lose weight, to prevent health complications. Sign up January 19-22 and the program starts January 25. For more information and to sign up, contact Andrew Gonzales at : agonzales@ftmcdowell.org or 480.789.7862.

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Most likely sometime in your life, you made a New Year's resolution and then broke it. This year let's stop the cycle! If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are some tips to start off strong:

- Set a goal that is SMART
- Plan ahead

- Block off time on your calendar for exercise
- Pack your lunch the night before
- Make small changes like taking the stairs
The New year puts a focus on healthier habits. Setting goals is easy, it’s sticking to those goals that is difficult. Each year we all set out to make changes through our New Year’s resolutions. Most of us give up or quit by February and start thinking of the next year to start again. Setting SMART goals is a good way help us make those New Year’s resolutions stick!

S: Goals should be **Specific** and clearly define what you are going to do.

M: Your goal should be **Measurable** so that you can actually track progress to your change. This includes how much change is expected.

A: The goal should be **Achievable** and **Attainable**, to where you feel slightly challenged but still able to succeed. The key is to have the skills and knowledge it takes the achieve your goal.

R: Goals should be **Realistic** and **Relevant** to your life

T: The goal should be **Time based** with a start date set.
5 Tips to Starting off with a clear head

**Block Anxiety.** Making health lifestyle changes can cause stress. The best way to kick that stress is to plan ahead. Set time aside to plan weekly menus.

**Think.** Tackle one small goal before moving on to the next. Working on one small goal for several days to a week, you are more likely to achieve success. Instead of starting a strict diet, make one small change to your eating choices.

**Get Motivated.** If your feeling ho-hum about your goals, you’re more than likely not going to even start working towards them. Search for inspirational quotes or sayings that inspire you.

**Set An End Goal.** Write down your goal and what it means to you, keep it on your refrigerator and read it daily out loud when you need a little extra motivation.

**Watch Your Words.** Reaching your goal is hard, so go easy on yourself. Turn negative thoughts into empowering positives.

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Genetics plays a role in your risk for diabetes?

We all know that obesity, reduced physical activity and aging increase our risk for developing Type 2 diabetes. Recent studies are showing that we have epigenetic factors that play a role in our risk for developing diabetes. Our genes that we inherit from our parents are covered by these epigenetic factors, which are affected by our environment, such as diet and stress. So what does this mean? This means that our environment and the lifestyles we chose effect our genes and our health outcomes. Research has shown that we can turn these epigenetic factors on and off to improve our health and even prevent the chance of developing diabetes and other health complications. How do we turn on the good genes and turn off the bad genes? By performing the 7 self-behavior changes recommended by the American Association of Diabetes Educators, to improve our health and control our ABCS.

By making healthy food choices, being physically active, sleeping well, controlling stress and overall making healthy choices we can turn off these so called “Bad” genes and live our lives to the fullest!

Reference by the American Diabetes Association, from diabetesforecast.org
Fruit of the Month: Cara Cara Navel Oranges

Cara Cara Navels are very sweet in flavor due to their low acidity, they are referred to as the red navel for their rosy red interior.

How to select your oranges: Pick firm, shiny and heavy oranges, with no soft spots or wrinkles.

How to store your oranges: Navel oranges should be stored in a cool, well ventilated area at room temperature for up to 4 days or in the refrigerator for up to 2 weeks.

Nutritional benefits of the Cara Cara Navel Orange: They are fat, cholesterol and sodium free. They are an excellent source of Vitamin C, provide a good source of fiber and folate.

Cara Cara Salsa. Combine orange peel, chopped oranges, tomato, cilantro, green onion, walnuts, and lime juice for a sweeter dipping experience!

Grilled to Perfection. Coat peeled and sliced oranges with olive oil, cilantro, and lime juice. Grill until thoroughly heated. Enjoy topped over fish or chicken.

A Vibrant Salad. Add color and pizzazz to any salad with the addition of Cara Caras. Try them tossed with greens, pecans, red
Veggie of the Month: Brussel Sprouts

Did you know that these vegetables are not really baby cabbages?

How to select your sprouts: Choose firm, bright green Brussel sprout heads and buy them on a stalk if possible.

How to store: Refrigerate in a plastic bag for up to 1 week.

Nutritional benefits of Brussel Sprouts: They are low calorie, low fat and cholesterol free. They are a good source of dietary fiber and folate, also are high in Vitamin C.

Healthy ways to enjoy Brussel Sprouts

1. Shake and bake! Place Brussels sprouts, olive oil, bread crumbs, and a dash of salt and pepper in a large re-sealable plastic bag, and shake to coat. Bake at 400 degrees for 30 to 45 minutes, or until dark brown.

2. Halve Brussels sprouts and steam until soft. Top with grated low fat Cheddar cheese

3. Simply roast Brussels sprouts at 400 degrees for 40 minutes. Toss with a small amount of olive oil before baking

Information from fruitsandveggiesmorematters.org
Oven-Baked Chicken Taquitos

A great healthy version of Chicken Taquitos
From the American Diabetes Association

Ingredients:
Cooking spray
1/2 teaspoon cumin
1 teaspoon chili powder
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
8 oz boneless, skinless chicken breasts
1/2 cup shredded 2% Mexican-style cheese blend
1/2 cup fat-free refried beans
8 (6-inch) corn tortillas
1 cup shredded lettuce
1/2 cup prepared guacamole
1 cup diced tomatoes

Instructions:
1. Preheat the oven at 400 degrees F. Coat a baking sheet with cooking spray. Set aside.
2. In a small bowl, mix together the cumin, chili powder, garlic powder and ground black pepper.
3. Lay the chicken breasts on the prepared baking sheet. Sprinkle the chicken with the spice mixture. Roast the chicken in the oven for 25 minutes or until the internal temperature is 165 degrees F. Set it aside to cool slightly. Keep the oven on and coat a clean baking sheet with cooking spray.
4. Once the chicken has rested and cooled slightly, shred the chicken meat and add it to a medium bowl. Add the cheese and refried beans and mix well.
5. Place the corn tortillas in between two damp paper towels and microwave on high for 30 seconds.
6. Fill the corn tortillas with 1/4 cup chicken filling and roll tightly. Lay seam down on the prepared baking sheet. Once all the taquitos are on the baking sheet, lightly spray each one with cooking spray.
7. Bake for 15 minutes or until the tortillas are crispy.
8. Serve 2 taquitos with 1/4 cup of shredded lettuce, 2 tablespoons of guacamole and 1/2 cup diced tomatoes.

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