



HEAL Schuyler Newsletter

Volume 4, Issue 1, January – March 2019

Check out your Local Library for a Fitness DVD this Winter

Odessa Library

- 15 Minute Workouts For Dummies-DVD
- 30 Day Shred-Jillian Michaels-DVD
- Leslie Sansone, Just Walk. Walk to the Hits Radio Remixes-DVD
- On the Ball Pilates Workout for Beginners-DVD

Watkins Glen Library

- 10 Pounds Down Better Body Blast: Target Tone Your Abs, Arms, Hips and Thighs!-DVD
- 48 Championship Basketball Drills-DVD
- Arms and Abs of Steel- VHS
- Championship Soccer Drills-DVD
- Denise Austin's Fit Kids-DVD
- Driveway Basketball Drills-DVD



- Xtend Barre. Lean & Chiseled-DVD

Montour Falls Library

- Element. Yoga for Stress Relief & Flexibility-DVD
- Gentle Yoga for Seniors-DVD
- New Creation: Tai chi-

Qigong Muscle, Joint & Fascia Warm-ups for Seniors, Arthritis, Parkinson's, Hip, Knee Surgery, Fibromyalgia, Stroke, MS, Seated & Standing

- Qigong for Stress Relief- DVD
- Stretching for Seniors-DVD

Promote Health. Prevent Cancer

UR Medicine's Center for Community Health & Prevention and Wilmot Cancer Institute are partnering to provide evidence-based health promotion and cancer prevention education to community members throughout our region.

Class Topics:

- Healthy Weight and Physical Activity
- Healthy Eating Patterns and Portion Sizes
- Nutrition Label Reading and Healthful Smart Shopping
- Whole Grains, Vegetables, Fruits and Beans
- Added Sugars, Sweetened Beverages and Alcohol
- Protein, Red and Processed Meats

- Processed Foods, Fast Foods and Fat
- Health Behaviors and Lifestyle Choices



Each class includes 30 minutes of physical activity. Participants leave with the knowledge of how their dietary choices, physical activity and environmental exposures can affect cancer risk.

Dates, times and location are still to be determined so keep an eye for updates in next newsletter.

Questions? Learn more

Contact: Kristina Hawes, Regional Health Education Manager Kristina_Hawes@urmc.rochester.edu
Office: 585-224-3502 Mobile: 585-737-8893



Please submit articles and HEAL Schuyler events to scph@co.schuyler.ny.us.

Turkey Chili with Vegetables

Ingredients

- 1 medium onion
- 2 medium carrots
- 3 cloves garlic
- 1 large green bell pepper
- 1 (15-ounce) can red or white kidney beans, no salt added
- 1 Tablespoon canola oil
- 1 pound ground turkey
- 2 (14-ounce) cans diced tomatoes, no salt added
- 3 Tablespoons chili powder
- 1 Tablespoon ground cumin
- Salt, to taste



Materials-can opener, colander, cutting board, large pot, measuring cups, measuring spoons, sharp knife, vegetable peeler

Notes Serve with cornbread, brown rice, or whole wheat noodles. Or, use to top baked potatoes. Try

black beans or chickpeas in place of the kidney beans. Chili can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.

Steps

1. Rinse and peel onion and carrots. Peel garlic.
2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots, and bell pepper. Mince garlic.
4. In a colander, drain and rinse beans.
5. In a large pot over medium-high heat, heat oil. Add turkey and brown.
6. Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
7. Add beans, tomatoes, 1 cup water, chili powder, and cumin to pot. Season with salt to taste.
8. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.

Choose HEALth Eatery– Paradiso’s Village Bakery

Looking for a healthy dish in the New Year? Check out Paradiso’s Village Bakery in Montour Falls. Kathy and her staff work hard to make sure they have healthy dishes available for their customers. They have met the Silver Star Status which means they

- Meet all of the Bronze level requirements
- Meet the added sugar requirement of less than 32 grams.
- Meet calorie requirement
 - Adult Snack <250 calories
 - Kids snack <200 calories
 - Kids entrée <350
 - Adult entrée <700 calories

The silver dishes that Paradiso’s Village Bakery serves include:

- Caesar Salad
- Chicken Quesadilla
- Veggie Wrap
- Caprese Chicken Wrap

To find out more information about the Choose HEALth program and all participating restaurants, please visit the HEAL Schuyler website.



Take Steps to Lead a Heart Healthy Lifestyle!



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities,

health professionals, and families can work together to create opportunities for people to make healthier choices.

February is American Heart Month. We use this month to raise awareness about heart disease and how people can make lifestyle changes to decrease their chance of getting heart disease.

To help prevent heart disease, you can:

- Eat healthier by doing the following:
 - Make half your plate vegetables and fruit.
 - Make at least half of your grains whole grains.
 - Choose low-fat dairy products and lean meats
 - Reduce your consumption of sugar-sweetened beverages and added sugars
 - Reduce the amount of salt you add to food, or choose sodium free food products.
- Keep physically active:
 - Be moderately active for 30 minutes per day for most days of the week.
 - Children benefit from being engaged in active play 1 hour each day.
- Stay at a healthy weight, by balancing the amount of calories you consume with the amount of calories you expend in physical activity.
- Nurture heart healthy eating habits with children. Let them serve themselves at meals.

Teach them to take small amounts at first. Assure them they can get more if they're still hungry. And don't forget to model this behavior as well!

- Discuss with your doctor other lifestyle factors you can control to minimize your risk of heart disease.
- Make a difference in your community:
 - Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

For more information about healthy eating and active living in the Finger Lakes, check out the Finger Lakes Eat Smart New York website and Finger Lakes Eat Smart New York Facebook page!

Funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact myBenefits.ny.gov or 1-800-343-8859.

What is Bone Builders?



Bone Builders is an exercise program designed to help individuals prevent or slow down osteoporosis, particularly women

age 55 and older. Trained RSVP volunteers lead weekly groups in increasing weight bearing exercises intended to reduce the rate of osteoporosis (thinning of bones). You move at your own pace, whatever is comfortable for you.

Scientific studies conducted at Tufts University show that strength training is an effective way to prevent osteoporosis. Classes are held in Schuyler County in Hector, Montour Falls, Watkins Glen and Tyrone and in Yates County in Dundee and Penn Yan.

Please call Susan Larson at (607)535-2050 or email Sue at susan.larson@dor.org if interested.

Upcoming HEAL Schuyler Activities and Events

- **First Day Hike**-January 1 10:00 AM Catharine Valley Trail
 - **Canfield West Coast Swing Dance Party** -1/5/2018- Watkins Glen Community Center
 - **Aqua Aerobics**- Starting 1/7/2019 Monday and Thursday 7:00 –8:00PM Odessa Montour Pool.
 - **HEAL Schuyler Committee Meeting**- 1/7/2019-9:00AM Montour Falls Human Service Complex
 - **Aqua Aerobics**-Starting 1/8/2018 Tuesday 6:30-7:30 PM, Odessa Montour Pool
 - **American Heart Month**– February
 - **HEAL Schuyler Committee Meeting**- 2/4/2018-9:00AM Montour Falls Human Service Complex
 - **Canfield West Coast Swing Dance Party** -2/23/2018- Watkins Glen Community Center
 - **National Nutrition Month**- March
 - **HEAL Schuyler Committee Meeting**- 3/4/2018-9:00AM Montour Falls Human Service Complex
 - **Canfield West Coast Swing Dance Party** -3/9/2018- Watkins Glen Community Center
 - **Diabetes Alert Day**- March 26
 - **Fitness Center at Odessa Montour School** reopens Jan 2, Monday-Thursday 5:30pm-8:00pm
 - **Fitness Center at Watkins Glen HS** Mon-Fri 6:00am-7:15am and 5:00pm-9:00pm, Sat & Sun 8:30am-12:30pm
 - **Watkins Glen HS Pool Schedule** Starting January 7, 2019
Early AM Adult Lap Swim M,W,F 6:00 - 7:00 AM
Evening Family Swim M, W 7:30-9:00 PM Saturdays 12:00-2:00pm
 - **Yoga for your Health**- Tuesday and Thursday 8am- Montour Falls Library
 - **Bone Builders Classes**: Mondays 10-11:15am Montour Falls,
Tuesdays 9-10:00am Tyrone, Tuesday 8:30-9:30am Hector, Wednesday 9-10:00am Hector, Wednesday Men's Group 10:30-11:30 Hector, Fridays 9:45-11:00am Montour Falls–
- Please call Susan Larson at (607)535-2050 or email Sue at susan.larson@dor.org if interested.
- **Prayer Walk**– Wednesday at 5:30pm for half an hour beginning at Lafayette Park, if the weather is bad, they are at WG field house.



To the HEAL Schuyler member:

HEAL Schuyler
106 S. Perry St
Watkins Glen, NY 14891

Our mission is: “To Reduce the rate of adult obesity in Schuyler County to less than the NYS average of 25% (2012-2013) ”

