



March 2017
It's **NUTRITION** month!

BARNES COUNTY ON THE MOVE

www.barnesonthemove.org

701-845-6456
info@healthyheartprogram.com

AICR Health Talk

Q: Is it true that simply taking short breaks to walk around throughout the day actually has an impact on health?

A: Yes, evidence continues to grow stronger suggesting that it does. Accumulating a total of at least 30 minutes of moderate physical activity a day in bouts of 10 or 15 minutes each has been shown for some time to improve fitness and measures of heart health, such as blood lipids and blood pressure, and body composition.

Now studies suggest that even doing mini-bouts of a few minutes that add up to at least 30 minutes over the day might also reduce health risks. A review article published this year concluded that short bouts of frequent activity throughout the day may decrease blood triglyceride levels following meals, enough to lower risk of heart disease. And in one study, 70 adults who walked for less than two minutes every 30 minutes throughout one day more effectively reduced the rise in blood sugar and insulin following meals compared to when those same adults who walked for 30 minutes and then sat all day.

More research is needed, especially among people with the insulin resistance of type 2 diabetes and metabolic syndrome. However, scientists say we know enough to encourage people whose day includes a lot of sitting to



Every bit of activity counts!

include some standing or brief walking every hour or so all day. It's good to know that when we're too busy or out-of-condition to walk for even 10 minutes at a time, small breaks do seem to make a difference. Yet since accumulating more than 30 minutes of moderate activity daily brings clear health benefits, such as reducing cancer risk, don't think of short activity breaks as a substitute for other activity; think of them as an easy way to get even more health benefits.

“...Even doing mini-bouts of a few minutes that add up to at least 30 minutes over the day might reduce health risks.”

Karen Collins, MS, RDN, CDN, FAND
American Institute for Cancer Research

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You can count sources we cite to provide evidence-based facts & information!

Healthy Heart Tips and Tastes

Thursday, March 23 at 7:00 pm

Please join CHI Mercy Health's Young People's Health Heart Program's Sharon Buhr and Andrea Winter, Licensed Registered Dietitians, as they perform a **live cooking demonstration** in the Party Room Kitchen at Gaukler Wellness Center.

You will be treated to **healthy cooking techniques and samples** during the workshop. In addition, each attendee will receive a **complementary cookbook valued at \$25.00** called "America's Test Kitchen Healthy Family Cookbook." Limited to 20 people. **Call 701-845-6456; registration is required.** **FREE and open to all community members, tell your friends and family!**

ON THE MOVE Incentive Gifts:



- Available on Wednesday, March 1st at the Barnes County Extension Office.
- **Participants enrolled through their employers can pick up incentive gifts at their place of business.**
- Free fruit/veggie coupons will be valid March 1st through April 30th.

Have you hit the big 50? It's time to get tested!



Are you or is someone you care about 50 or older? Then it's time to talk with a health care provider about getting screened for colorectal cancer. The American Cancer Society® recommends that everyone 50 and older be tested regularly. If you have family members with colorectal cancer or colon polyps, you should ask about getting tested at an earlier age. Many people aren't getting the tests that could help save their lives because they're afraid the tests may be embarrassing or painful. The fact is, these tests are almost always neither embarrassing nor painful.

FREE colorectal screening tests, called FIT kits, are easy to do and are available at City-County Health District. Studies have shown that FIT kits, if done yearly, can be similarly effective to colonoscopy for most people. Call City County Health District at 845-8518 for more information

Some of the tests, such as colonoscopy, can help doctors find polyps. Polyps are small growths in the colon that can develop into cancer over time. Colonoscopy is done while you are sedated (often asleep), so it's not painful. Stool tests are another option, and you can do these tests in the privacy of your own home.

Source: American Cancer Society



FREE Tours @ Gaukler Wellness Center

Now thru March 8

Tuesdays 9:00-10:00 am

Wednesdays 6:00-7:00 pm

One-on-one tours of equipment

Please check in @ front desk when attending ON THE MOVE classes



ON THE MOVE Members Enjoy FREE Admission @ B-Fit 24/7

March 1-15 during these select days and times:

Mondays and Wednesdays from 5:30 – 7:00 pm

Tuesdays and Fridays from 7:00 – 8:30 am

B-Fit 24/7 is located above Central Avenue Health Mart Pharmacy

Regular Physical Activity and Disease Prevention

Research continues to prove that adults who are physically active are healthier and less likely to develop many chronic diseases than adults who are inactive. Adults gain most of these health benefits when they do the equivalent of at least 150 minutes of moderate intensity aerobic physical activity each week.

Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Visit www.health.gov for more information.

ON THE MOVE scheduled events for March 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February	27	28	1	2	3	4
	11:30 am WA#s @ HAC	11:30 am WA#s @ HAC 5:00 pm Pulse Freezer Meals @ Courthouse basement	11:30 am WA#s @ HAC 12:10 pm Yoga @ GWC (F2) 6:00 pm Intro to Wellness Center equipment b-Fit 24/7 5:30 – 7:00 pm (Free admission)	11:30 am WA#s @ HAC 5:30 pm Turbokick @ GWC (F2)	b-Fit 24/7 7:00 – 8:30 am (Free admission) 11:30 am WA#s @ HAC	
5	6	7	8	9	10	11
	11:30 am WA#s @ HAC 6:30 pm Gentle Restorative @ GWC (F2) b-Fit 24/7 5:30 – 7:00 pm (Free admission)	b-Fit 24/7 7:00 – 8:30 am (Free admission) 9:00 am Intro to the Wellness Ctr. Equipment @ GWC 10:00 am Senior Fit @ GWC (f2) 11:30 am WA#S @ HAC	11:30 am WA#s @ HAC 6:00 pm Intro to Wellness Center Equipment b-Fit 24/7 5:30 – 7:00 pm (Free admission)	11:30 am WA#s @ HAC 5:30 pm Strength @ GWC (F1)	b-Fit 24/7 7:00 – 8:30 am (Free admission) 9:00 am Vinyasa @ GWC (F2) 11:30 am WA#s @ HAC	
12	13	14	15	16	17	18
	10:30 am Gentle Chair @ GWC (f2) 11:30 am WA#s @ HAC b-Fit 24/7 5:30 – 7:00 pm (Free admission)	b-Fit 24/7 7:00 – 8:30 am (Free admission) 11:30 am WA#s @ HAC	11:30 am WA#s @ HAC 5:30 pm Cycling @ GWC (F1) 6:30 pm Cycling @ GWC (F1) b-Fit 24/7 5:30 – 7:00 pm (Free admission)	6:15 am Cycling @ GWC (F2) 11:30 am WA#s @ HAC	11:30 am WA#s @ HAC 12:00 pm Cycling @ GWC (F2)	
19	20	21	22	23	24	25
	11:30 am WA#s @ HAC 6:00 pm LivFit @ Studio 29	9:00 am Intro to the Wellness Ctr. Equipment @ GWC 10:00 am Senior Fit @ GWC (F2) 11:30 am WA#s @ HAC	11:30 am WA#s @ HAC	11:30 am WA#s @ HAC 6:30 pm Zumba Gold @ GWC (F1) 7:00 pm Healthy Heart Tips & Tastes @ GWC (Party room)	11:30 am WA#s @ HAC	9:00 am Yoga @ GWC (F2)
26	27	28	29	30	31	April 1
	9:00 am Aqua Jog @ GWC 11:30 am WA#s @ HAC	11:30 am WA#s @ HAC	11:30 am WA#s @ HAC	11:30 am WA#s @ HAC 10:00 am Senior Fit (F2)	11:30 am WA#s @ HAC	

GWC – Gaukler Wellness Center **F1** – Fitness Room 1 **F2** – Fitness Room 2
WA#s – Hi Liner Activity Center **HAC** (south side of High School)
Courthouse – Barnes County Courthouse basement
Studio 29 – located on 2nd Street NE, pink door next to Thrift Store
b-Fit 24/7 – located above Central Avenue Health Mart Pharmacy

Incident weather: please listen to KOVC radio for any cancellations that may occur due to weather related issues.
 Questions???. Please call Teresa @ 840-8099