Healthy Eating & Lifestyles Program (HELP)

Health Maintenance

Made possible by:
Kōkua Kalihi Valley Comprehensive Family Services &
the Ulu Network

Developed by Sheryl R Yoshimura, RD
Lesson 2: Topics covered

- Goals for meal planning
- Approaches to healthy eating & meal planning
- Food and Nutrient groups
- Food label reading
- Shopping Strategies
- Eating Out/Social events

Goal Setting & Action Planning
Action Plan

How did you do?

1. What?
2. How much
3. When?
4. How often
Topics covered:

- Physical Activity/Exercise
- Foot/Skin Care
- Stress & Coping
- Goal Setting & Action Planning
What are your experiences with regular exercise or physical activities?
What questions do you have about regular exercise or physical activities?
Frequently Asked Questions.....

- Why is exercise important for people with diabetes?
- How do I get started?
- I always procrastinate when it comes to exercise.
  - How can I get motivated?
- Is it smart to exercise with someone else, or should I exercise alone?
Frequently Asked Questions cont....

• How can I keep from getting discouraged?

• Is it a good idea to drink fluids while I exercise?

• I am elderly & it is rather difficult for me to get around. Should I still try to exercise?

• I have both diabetes & arthritis. Can I still workout?
Frequently Asked Questions cont...

• What is the best way to gain flexibility before I start working out?

• What is the best exercise to improve my blood glucose or blood pressure or cholesterol levels?

• How can I be sure to avoid injury while exercising?

• Type 2 diabetes runs in my family. Does this mean I'm destined to develop diabetes?
What are some benefits of physical activities/exercise?
Physical Activity/Exercise

Feel better, look better, live longer!

The journey of a thousand miles begins with a single step.
Goals of Exercise

- Lowers blood sugar
- Works like insulin
- Insulin enters working muscles better than resting muscles
- Weight loss
- Decreases appetite
- Increase calorie use
Goals of Exercise cont. . .

- Decreases body fat
- Improves blood circulation
- Lowers blood pressure (healthier blood vessels)
- Lower resting pulse rate
- Improves ability of heart & lungs to use oxygen & to pump blood
- Lowers cholesterol & triglycerides
What are some barriers or negatives for regular physical activities/exercise?
Fringe Benefits

You already know that regular physical activity is good for your health, but it *also* brings fringe benefits such as:

- Looking better
- Meeting new friends
- Escaping from the daily grind
- Learning new skills
- Reducing stress
- Improves sleep
- Increases energy and greater alertness
Fringe Benefits cont. . .

- Increases flexibility
- Decreases osteoporosis in women
- Achieves greater sense of control over diabetes
- Improved digestion
- Improves bowel habits
- Muscles
- Increases strength
- Increases endurance
- Improves tone
"AEROBIC EXCERCISE COMBINED WITH RESISTANCE TRAINING KEY TO IMPROVING BLOOD SUGAR LEVELS OVER TIME IN TYPE 2 DIABETICS"

11/23/2010
The First Step

Talk with your doctor about good exercise choices for you.

Be sure to have a heart evaluation before starting an exercise program if you . . .

- are over 35 years of age
- have had type 2 diabetes more than 10 years
- have had type 1 diabetes more than 15 years
- have other risk factors for heart disease
- have eye, nerve, or kidney damage
Getting Started

The journey of a thousand miles begins with a single step.

We've all got plenty of reasons not to exercise! We're...

- Too old.
- Too fat.
- Too weak.
- Too sick.
- Too busy.
- Too tired.
Principles of Aerobic Exercise

Be healthy. Be active.

30 minutes a day
at least

10 minutes at a time

5 days a week
Principles of Exercise cont. . .

- Time – at least 30 minutes:
  - Warm-up ➔ 5 minutes
  - Aerobic activity ➔ 20 minutes
  - Cool down ➔ 5 minutes
Aerobic Exercise

- Activity that involves major muscle groups
- Rhythmic & continuous (e.g., brisk walking, aerobic classes)
- Steadily supplies enough oxygen to exercising muscles
- Produces a cardio-vascular-pulmonary effect
- 30 minutes each session
- Minimum of 3 sessions per week
Aerobic Exercises
Aerobic Exercises

Basic Steps
Mmmm Bop
Beautiful Life
Non-Aerobic Exercise

Activity that *does not* demand large amounts of oxygen for a sustained length of time

(e.g., golf, tennis, yoga, weight-lifting, basketball, baseball, football)
## Principles of Resistance Exercise

<table>
<thead>
<tr>
<th>How Often</th>
<th>2 non-consecutive days a week</th>
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<tbody>
<tr>
<td>How Much</td>
<td>8-10 exercises* with 8-10 repetitions using major muscle groups</td>
</tr>
<tr>
<td>Type of Exercises*</td>
<td>Arm Raise, Chair Stand, Biceps Curl, Plantar Flexion, Triceps Extension, Knee Flexion, Hip Flexion, Shoulder Flexion, Knee Extension, Hip Extension, Side Leg Raise</td>
</tr>
</tbody>
</table>
Let’s practice.....
Let’s practice.....
Examples of Exercises

- Chest Press
- Shoulder Press
- Front Raise
- Bent Row
- Bicep Curl
- Step Up
Safety Tips

1. Get a thorough medical exam before you start.
2. Choose exercises that fit your health.
3. Take it easy.
4. Warm up and stretch when you start exercising.
5. End your workout with a cool-down.
6. In addition to exercise that conditions your heart & lungs, try weight training.
7. Drink plenty of fluids.
Safety Tips cont. . .

8. Wear clothes that are right for the weather & your sport.

9. Remember your feet.

10. Watch for low blood glucose.

11. Check your blood glucose before you exercise.

12. Be ready to check during exercise.

13. Check again after exercise.

14. Use your monitoring results to learn how exercise affects your body.
Safety Tips cont. . .

15. If you time your exercise according to your meals & insulin, you may keep your blood glucose from becoming too low.
16. Ask your health care team for tips about snacking & exercise.
17. Be prepared to treat low blood glucose.
18. Know when not to exercise.
19. Know when to check for ketones.
20. Update your exercise plan regularly.
Special Considerations

- **Eating** – allow at least 1 hour after meal before exercising

- **Fluids** – drink at least at least one 8-oz glass of water before & after exercising or every 30 minutes.
  - Bring water with you.

- **Always carry proper ID, candies or glucose tablets**
Special Considerations cont...

1. Blood Sugar Check – check blood sugar before exercise
   • If <70 or >240, **do not** exercise.
   • If <70, drink ½ cup juice or milk → Check blood sugar again in 15 minutes → Eat a meal within 1 hour
   • If >240, can do regular (leisure) walking

2. Proper footwear & cotton clothing

3. Skin Protection & sunscreen
Stop exercising & go to your doctor or ER if any of these symptoms occur:

- Chest or arm pain
- Increased shortness of breath
- Irregular heart beat
- Light-headedness, fainting
- Muscle or joint pain
- Prolonged fatigue or insomnia
- Nausea & vomiting after exercise
- Do not exercise when ill
How do I get started?

- Discuss aerobic exercise plans with your doctor
- Planning
- Keep records to check progress & evaluate
- Buddy system – exercise with a friend
- Public commitment with caution
- Time of day
Foot & Skin Care

**Goal:** to prevent complications of feet & skin (ingrown toenails, infections, amputations)

- No bare feet
- No open toe sandals or slippers
- No garters or tight bands on hose or socks
- No crossed legs
Care & protection of the feet

- If you smoke: **QUIT!**
- Take good care of your feet.
- Check your shoes for foreign objects before putting them on.
- Clean feet daily
- Check feet daily
Care & protection of the feet cont…

- Be more active.
  - Ask your doctor about Medicare coverage for special shoes.
  - If you can see and reach your toenails, trim them straight across

- Keep the blood flowing to your feet.
  - Put your feet up when sitting.
  - Wiggle your toes & move your ankles up & down for 5 minutes, two (2) or three (3) times a day.
  - Don't cross your legs for long periods of time.

- Don't smoke!

- Get started now.
  - Begin taking good care of your feet today.

- Set a time every day to check your feet.
Common foot problems

- Ingrown toenails
- Corns & calluses
- Bunions
- Funguses
- Poor circulation

Lead to INFECION from cuts and wounds (if above problems not treated)
Skin Care

- Protect skin from sunburn: sunscreen, hat, clothing, etc.
- Keep skin clean & dry
- Wash daily with lukewarm water (NOT HOT) water & mild soap.
- Moisturize your skin to prevent chapping, especially in cold or windy weather.
For dry skin

- Don't use bubble baths
- Moisturizing soaps, such as Dove or Basis, may help.
- Use lotion (an oil-in-water skin cream, such as Lubriderm or Alpha-Keri or Vaseline).
- Don't put lotions between toes.
  - The extra moisture there can encourage fungus to grow.
- Wear gloves when working with dirt or chemicals
- NO smoking!
  - Nicotine narrows blood vessels which leads to poor circulation
Caring for wounds & infections

- Wash with mild soap & water.
- Cover with a clean dry bandage.
- Use a topical antibiotic ointment like Neosporin.
- Avoid iodine, merthiolate & salts.
- Tell your doctor.
- Inspect daily for signs of infection (danger signs)
  - Redness, swelling, tenderness or pain, warm to touch, pus, red streaks.
- If present, call your doctor or (ER after hours)
FYI = For Your Information

- Lotion – no alcohol
- Use petroleum jelly
- Between toes need to be dry
- Walk in sturdy, good-fitting, comfortable shoes.
- Don't walk when you have open sores.
- Buy shoes at the end of the day
- Use cotton socks – let your feet “breathe”
Stress Management

**Goal:** Identify effective methods to manage stress

What is stress?

- Stress is a feeling inside ourselves, it is an internal response.
- In response to this feeling, we often feel we need to change or adapt in some way to “feel” less stressed.
What causes stress?

- Something or someone outside ourselves that elicits this feeling of internal stress.

- Our stress response depends on how we perceive the stressor & is a complex combination of physical, hormonal, cultural & emotional factors unique to each person.
Types of stressors

- Physical
- Social
- Organization
- Self-talk

Perceptions of Stressors

- Victim
- Warrior (re-framing thoughts)
The Fight or Flight Response

As it relates to diabetes:

- Liver → sugar → action → increased hormones → increased pulse → blood pressure → dilated pupils → increased muscle tension → action
<table>
<thead>
<tr>
<th>Stress Symptoms</th>
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<tr>
<td>Nervousness, feeling shaky inside</td>
<td>Breathlessness</td>
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<tr>
<td>Heart pounding or racing</td>
<td>Fatigue</td>
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<tr>
<td>Tightness in the chest</td>
<td>Frequent urination</td>
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<tr>
<td>Sweating</td>
<td>Dizziness</td>
</tr>
<tr>
<td>Trembling</td>
<td>Headaches</td>
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Some methods to reduce stress

- Body Awareness
  - Relaxation Skills
  - Breathing exercises
  - Muscle Relaxation
  - Guided Imagery
- Identify the symptoms of stress
- Get a massage regularly
- Stretch regularly; exercise regularly
- Eat and drink less caffeine, sugar, salt and alcohol
- Balanced diet and regular meals
Learning to Relax

Ways to help yourself relax:

• Breathing exercises
  1. Sit or lie down and uncross your legs and arms.
  2. Take in a deep breath.
  3. Then push out as much air as you can.
  4. Breathe in and out again, this time relaxing your muscles on purpose while breathing out.
  5. Keep breathing and relaxing for 5 to 20 minutes at a time.
  6. Do the breathing exercises at least once a day.

• Progressive relaxation therapy. Audio tape guides you to a series of tensing-relaxing muscles.
Learning to Relax cont. . .

- **Exercise.** Another way to relax your body is by moving it through a wide range of motion.
  - Three ways to loosen up through movement are circling, stretching, & shaking parts of your body.
  - To make this exercise more fun, move with music.

- **Replace bad thoughts with good ones.** Each time you notice a bad thought, purposefully think of something that makes you happy or proud. Or memorize a poem, prayer, or quote and use it to replace a bad thought.

- **Other Ways to Reduce Mental Stress**
Living Well With Complications

- Coping with a complication may mean making some changes in your lifestyle.
- But with work, you can often continue doing the same activities that you have always enjoyed.
- To stay active, you will need the support of others.
- You will also need to rely strongly on yourself.
- There are many ways you can manage your own treatment and your own rehabilitation - retraining yourself to do tasks such as walking, preparing food, & exercising.
Action Plan Activity

1. Something YOU want to do
2. Achievable
3. Action-specific
4. Make a specific plan
   1. What?
   2. How much
   3. When?
   4. How often
5. Confidence level of 7 or more. On a scale of 0-10 (0 = not at all; 10 = very)
   1. How convinced are you that it’s important to make this change?
   2. How confident are you that you can make this change?
Mahalo!

See you next week/month

Set up for Nutrition Moment