



# Spring Into Action!

## Healthy Lifestyles 2019

A Funds Health & Wellness Event Guide



**TUESDAY MARCH 26<sup>TH</sup> – FRIDAY MARCH 29<sup>TH</sup> 9AM – 5PM**

Discover Ways to:

- Put That Extra “Spring” In Your Step
- Control Your Portion Sizes
- Improve Your Mental & Physical Health With Movement: Dance, Gardening & More...
- Arrange Recommended Medical & Dental Screenings



All



**BROOKLYN  
HEALTH CENTER**  
265 Ashland Place  
Brooklyn, NY 11217  
(718) 858-7200

**HARLEM  
HEALTH CENTER**  
133 Morningside Ave.  
New York, NY 10027  
(212) 923-2525

**MIDTOWN  
HEALTH CENTER**  
773-775 9th Ave (Off 52nd St.)  
New York, NY 10019  
(212) 586-1550

**QUEENS  
HEALTH CENTER**  
37-11 Queens Blvd  
Long Island City, NY 11101  
(718) 361-5100

**14 PENN PLAZA  
Dental & Eye Care**  
34th & 8th Ave  
New York, NY 10019  
(212) 563-0095

**Is your blood sugar or  
A1C high? Are you  
worried about diabetes?**

Join us for encouragement,  
health tips & fun with others  
like you!

**Classes Meet Weekly in the  
Brooklyn, Harlem & Queens  
Health Centers**

**Call 212.237.3030**

OR ASK OUR HEALTH CENTER STAFF TO REGISTER  
YOU FOR CLASS. [www.hotelfunds.org](http://www.hotelfunds.org)

Work with a Lifestyle Coach on  
**Diabetes Prevention!**



**FEATURED PROGRAM**



Work with a Lifestyle Coach on  
**Diabetes Prevention!**



# Class Dates

	HARLEM HC MONDAYS 11:30AM - 12:30PM	QUEENS HC TUESDAYS 10:30AM - 11:30AM	BROOKLYN HC WEDNESDAYS 11:00AM - 12:00PM
Intro Class	3/25/19	3/26/2019	3/27/2019
Class 1	4/1/19	4/2/2018	4/3/2019
Class 2	4/8/19	4/9/2019	4/10/2019
Class 3	4/15/19	4/16/2019	4/17/2019
Class 4	4/22/19	4/23/2019	4/24/2019
Class 5	4/29/19	4/30/2019	5/1/2019
Class 6	5/6/19	5/7/2019	5/8/2019
Class 7	5/13/19	5/14/2019	5/15/2019
Class 9	5/20/19	5/21/2019	5/22/2019
Class 10	6/3/19	6/4/2019	6/5/2019
Class 11	6/10/19	6/11/2019	6/12/2019
Class 12	6/17/19	6/18/2019	6/19/2019
Class 13	6/24/2019	6/25/2019	6/26/2019
Class 14	7/8/19	7/9/2019	7/10/2019
Class 15	7/15/19	7/16/2019	7/17/2019
Class 16	7/22/2019	7/23/2019	7/24/2019
Class 17	8/12/2019	8/13/2019	8/14/2019
Class 18	8/26/2019	8/27/2019	8/28/2019
Class 19	9/9/2019	9/10/2019	9/11/2019
Class 20	9/23/2019	9/24/2019	9/25/2019
Class 21	10/14/2019	10/15/2019	10/16/2019
Class 22	11/18/2019	11/19/2019	11/20/2019
Class 23	12/16/2019	12/17/2019	12/18/2019
HOLIDAY BREAK – ENJOY – SEE YOU IN 2020!			
Class 24	1/13/2020	1/14/2020	1/15/2020
Class 25	2/10/2020	2/11/2020	2/12/2020
Class 26	3/9/2020	3/10/2020	3/11/2020





# + KEEP THEM HAPPY + KEEP YOU HEALTHY +

Your feet are your foundation, so making comfort a priority could help support your goal to Move More.



Healthy For Good™

*Use these tips to keep them healthy so you don't get sidelined by a pain in the foot.*

## **GET COMFY:**

As much as possible, wear supportive, comfortable shoes that fit well.

## **KNOW YOUR FEET:**

Keep an eye out for blisters, cuts, sores, swelling, and tenderness.

## **TAKE A STAND:**

Alternate periods of sitting, standing, and moving throughout the day.

## **LIGHTEN UP:**

Maintain a healthy weight to stay light on your feet, knees and body.

## **CROSS TRAIN:**

Mix in different activities to avoid repetitive impact – take a chance on something fun!

## **BEFORE AND AFTER:**

Include your feet, ankles, calves and knees in your warm up and cool down routines.

## **GET SUPPORT:**

Try orthotics or shoe inserts for additional support, comfort and pain relief from common foot, back and knee issues.

# HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

## SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:



### BROAD SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

### SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

### WATER RESISTANT

While sunscreens can be “water resistant” (for 40 minutes) or “very water resistant” (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.



Most adults need about one ounce of sunscreen, **ENOUGH TO FILL A SHOT GLASS**, to fully cover their body.



# CÓMO ESCOGER UN PROTECTOR SOLAR

**Escoger el protector solar correcto puede reducir el riesgo de contraer cáncer de piel y el envejecimiento prematuro de la piel causado por el sol.**

## EL PROTECTOR SOLAR ES UNA HERRAMIENTA IMPORTANTE

en la batalla contra el cáncer de piel, incluido el melanoma, la forma más extrema de cáncer de piel.

1 de cada 5

estadounidenses tendrá cáncer de piel a lo largo de su vida.



**La Academia Estadounidense de Dermatología recomienda elegir un protector que indique lo siguiente en la etiqueta:**



### • AMPLIO ESPECTRO

Esto significa que la loción protege la piel contra los rayos ultravioleta A (UVA) y los rayos ultravioleta B (UVB), que pueden causar cáncer de piel.

### • SPF 30 O MAYOR

Esto indica en qué grado lo protege la loción de una quemadura de sol.

### • RESISTENTE AL AGUA

Si bien los protectores solares pueden ser "resistentes al agua" (durante 40 minutos) o "muy resistentes al agua" (durante 80 minutos), no repelen el agua ni la transpiración por completo, y deben volver a aplicarse.



La mayoría de los adultos necesita cerca de una onza de protector, **SUFICIENTE PARA LLENAR UN VASO DE TEQUILA**, para cubrir todo el cuerpo.





# All About Stroke

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## What is a stroke?

A stroke happens when the blood supply to part of your brain is suddenly interrupted. Then brain tissue is damaged. Most strokes happen because a blood clot blocks a blood vessel in the brain or neck. A stroke can cause movement problems, pain, numbness, and problems with thinking, remembering, or speaking. Some people also have emotional problems, such as depression, after a stroke.

## What does diabetes have to do with strokes?

If you have diabetes, your chances of having a stroke are 2 to 4 times higher than in people who don't have diabetes. But you can lower your risk by taking care of your health.

## How do I know whether I'm at high risk for a stroke?

Having diabetes raises your risk for stroke. But your risk is even greater if

- you're over age 55
- your family background is African American
- you've already had a stroke or a transient ischemic (ih-SKEE-mik) attack (also called a TIA or a mini-stroke)
- you have a family history of stroke or TIAs
- you have heart disease
- you have high blood pressure
- you're overweight
- you have high LDL (bad) cholesterol and low HDL (good) cholesterol levels
- you smoke

You can't change some of these risk factors. But you can lower your chances of having a stroke by taking care of your diabetes and tackling some of the other risk factors, such as losing weight if you're overweight. It's up to you.



Review the symptoms of a stroke with your family and friends. Tell them about the importance of calling 9-1-1.

## How can I lower my risk of having a stroke?

Lower your risk by keeping your blood glucose (sugar), blood pressure, and cholesterol on target with healthy eating, physical activity, and, if needed, medicine. And if you smoke, quit. Every step you take will help. The closer your numbers are to your targets, the better your chances of preventing a stroke.

## What are the warning signs of a stroke?

Typical warning signs of a stroke develop suddenly and can include

- weakness or numbness on one side of the body
- sudden confusion or trouble understanding
- trouble talking
- dizziness, loss of balance, or trouble walking
- trouble seeing out of one or both eyes
- double vision
- severe headache

If you have warning signs of a stroke, call 9-1-1 right away. Getting treatment as soon as possible after a stroke can help prevent permanent damage to your brain.



# What's your move?

You know you need physical activity to stay healthy.  
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

**So get more active — and start feeling better today.**

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

**ASK ABOUT OUR PREVENT TYPE 2: DIABETES PREVENTION GROUPS,  
OR OUR DIABETES MANAGEMENT SUPPORT IF YOU HAVE ALREADY  
BEEN DIAGNOSED. **We are here for YOU!****



# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## Smart Snacking for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugar.

Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving.

Make snacking a smart habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Having snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- **Practicing food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried varieties are all good options.



Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Ways to make your own convenient and ready-to-eat snacks at home:

- Make your own trail mix by combining whole grain cereals, nuts or seeds and dried fruit. (Hint: portion into 1/4 cup servings)
- Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit to a blender.
- Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- Bake vegetable chips, like kale or beets.
- Roast chickpeas (or garbanzo beans) and season with spices.
- Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- Mash an avocado with salsa and eat with low-fat baked tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- Cut up fruit to make kebobs and serve with low-fat yogurt dip.
- Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- Cut a whole wheat pita into wedges and serve with 2 tablespoons of hummus or bean dip.
- Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, 1/2 cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese.
- Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with 1/2 cup fresh or frozen fruit, then sprinkle 1/4 cup (or less) low-fat granola on top.
- Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and 1/4 cup dried fruit.
- Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- Whip up a quesadilla in the microwave using a whole wheat tortilla, 1/4 cup black beans, 1-2 tablespoons low-fat cheese and 1 ounce of salsa.
- Build veggie skewers with cherry or grape tomatoes and cubes of low-fat cheese or cooked tortellini and lean luncheon meat.
- Make a tuna apple sandwich using a 5-6 ounce can of tuna packed in water, 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research, education and advocacy.

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Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.





# FEATURED PROGRAM

## Healthy Little Chefs<sup>sm</sup> 😊

**This is a family-oriented online program aimed at helping children ages 7-12 learn healthy cooking & eating skills.**

Join us for 8-classes online, where we host interactive 30-minute sessions exploring interesting topics, like New Yummy Foods, Desserts From Around the World and HEALTHY Burgers!! Your children will love it, and so will you.

Never joined an online class before? Don't worry, we will hold a "Getting Started" meeting at the Queens Health Center, Tuesday, April 23rd, so you know how to use your cellphone, tablet or computer to see, hear and ask questions from the comfort of your home!

Our last class will be held in person at the Queens Health Center (June 18th) as a celebration of food and health for all participating families.



**Join Us for Weekly Online  
Classes + An In-Person  
Celebration at the Queens  
Health Center!**

**GO TO [WWW.HOTELFUNDS.ORG](http://WWW.HOTELFUNDS.ORG) AND SIGN UP  
UNDER THE HEALTH & WELLNESS SECTION OR  
CALL TO JOIN 212-237-3030.**



KNOW THE FACTS ABOUT

# Heart Disease



## What is heart disease?

Heart disease is the leading cause of death in the United States. More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country.<sup>1</sup>

The term "heart disease" refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack. Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.

## Are you at risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.

Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease.

Having high cholesterol, high blood pressure, or diabetes also can increase your risk for heart disease. Ask your doctor about preventing or treating these medical conditions.

## What are the signs and symptoms?

The symptoms vary depending on the type of heart disease. For many people, chest discomfort or a heart attack is the first sign.

Someone having a heart attack may experience several symptoms, including:

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.



<sup>1</sup> CDC: Deaths: Final Data for 2009. [www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60\\_03.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf)

## KNOW THE FACTS ABOUT

# Heart Disease

### How is heart disease diagnosed?

Your doctor can perform several tests to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress tests. Ask your doctor about what tests may be right for you.

### Can it be prevented?

You can take several steps to reduce your risk for heart disease:

- Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking.

<http://www.cdc.gov/tobacco>

- Maintain a healthy weight. CDC's Healthy Weight Web site includes information and tools to help you lose weight.

<http://www.cdc.gov/healthyweight/index.html>

- Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC's Division for Nutrition, Physical Activity, and Obesity.

<http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>

- Exercise regularly. Visit CDC's Physical Activity Web site for more information on being active.

<http://www.cdc.gov/physicalactivity/index.html>

- Prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

### How is it treated?

If you have heart disease, lifestyle changes, like those just listed, can help lower your risk for complications. Your doctor also may prescribe medication to treat the disease. Talk with your doctor about the best ways to reduce your heart disease risk.

### For More Information:

Learn more at the following Web sites.

- Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention:

<http://www.cdc.gov/dhds/index.htm>

- Centers for Disease Control and Prevention's National Center on Birth Defects & Developmental Disabilities:

<http://www.cdc.gov/ncbddd/birthdefects/default.htm>

- American Heart Association:

<http://www.americanheart.org>

- National Heart, Lung, and Blood Institute:

<http://www.nhlbi.nih.gov>



# Live the **GOOD FOOD** life!

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Explore an individualized plant-based lifestyle with delicious flexibility that will suit your health goals.

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EVENTS!

**212-237-3030**