



Choice Quarterly Newsletter Volume 1, Issue 3 Fall 2013

Communal Health of Interacting Couples Study

Update from Dr. Helgeson

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We now have 50 couples participating in the CHOICE study! We have advertised on the bus and in magazines, put fliers and brochures in physicians' offices, attended health fairs and churches, and presented our study at different community events. And, some of YOU have helped to spread the word about the study to neighbors and friends. We thank you for your help!! We

have completed 1 full year of the study and have 3 more years to recruit an additional 150 couples. If you know of any events that we should attend, please let us know.

This summer, we had the pleasure of working with several students—three from Carnegie Mellon University (Emma, Cece, Shaquille) and one from Cornell University

(Aarohee). One of these fine young people might have interviewed you, if you participated in the study over the summer. They helped us to put together our newsletter, as you will see below. We hope that you enjoy it.

Vicki

Exercise Tips: Dancing



Why does exercise have to be such a demanding and daunting task? Why can't exercise be fun and exciting? Exercise should make you smile and feel great about yourself while getting your body moving and stimulating your heart rate. One extremely effective form of exercise that meets these criteria is dancing. There are millions of songs you can dance to and various dances you can do or learn. A type of dance I have found to be among my top three is

Salsa. This dance is extremely fluid and depends on the swaying of the dancer's hips. You must feel the rhythm and let the movement come naturally. This dance can be performed by all ages. In fact, my best friend's 86-year-old grandmother taught me how to Salsa. She teaches the dance at the nursing home every Wednesday. Dancing improves bone and muscle strength without hurting your joints; it improves your posture and balance, which pre-

vents you from falling; and it builds confidence! A 150-pound adult can burn about 150 calories doing 30 minutes of moderate social dancing. This can be done literally anywhere with or without music! It is always fun to dance with someone, so just grab a partner and get started!

-Shaquille

Source: http://www.aarp.org/health/fitness/info-2005/dance_to_health.html

Diabetes Resource: Diabetes Self Management Education Classes

On Monday mornings, Mercy Health Center offers education classes for individuals with type 2 diabetes. The Mercy Health Center is located at: 1515 Locust Street, Pittsburgh PA.

The classes begin at 9:00 A.M. and run until 11:00 A.M.

Contact Diane at 412-232-5909 for more information.

Recipe: Black Beans, Grape Tomatoes, and Lime Salsa



Enjoy this light and tasty summer salsa with whole grain tortilla chips for a wholesome snack! Black beans provide protein to help you stay full longer, and the fiber in the grape tomatoes also curbs hunger. Substitute this salsa in place of the regular store-bought version for a refreshing and healthy change.

Serves 4; serving size: 1/2 cup

Ingredients

1 cup chopped onions
1 15-oz can black beans, rinsed and drained
1/2 cup grape tomatoes, quartered
1 Tbsp lime juice

1/2 to 1 tsp ground cumin
1 Tbsp extra virgin olive oil
2 Tbsp chopped cilantro

Preparation

1. Place a large non-stick skillet over medium-high heat until hot. Coat skillet with cooking spray, add the onions, and coat with cooking spray. Cook onions 4 minutes or until beginning to brown, stirring frequently. Stir in the beans, tomatoes, lime juice, and cumin. Cook 1 minute or until heated through, stirring frequently. Remove from heat.
2. Season lightly with salt and pepper. Drizzle the oil evenly over all, and sprinkle evenly with the cilantro. Do not stir. Cover and let stand 5 minutes to absorb flavors.

Nutrition Information

Exchange/Choices
1 Starch
1 Vegetable
1/2 Fat
Calories: 130
Calories from Fat: 35
Total Fat: 4.0 g
Saturated Fat: 0.6 g
Polyunsaturated Fat:
Monounsaturated Fat:
Cholesterol: 0 mg
Sodium: 80 mg
Total Carbohydrate: 19 g
Dietary Fiber: 6 g
Sugars: 4 g
Protein: 6 g

- Aarohee

Source: American Diabetes Association.

<http://www.diabetes.org/food-and-fitness/food/recipes/black-beans-grape-tomatoes-and-lime.html>

Mindful Eating Tip: Create Individual Serving Snacks



Do you buy your food in bulk? It's a common way to save money by loading up on the larger packages at discount stores. When you stock up at discount stores, you eat significantly more than when you buy smaller packages. However, you don't have to let your money saving habits hurt your waistline. When you buy large packages, measure out individual servings into sandwich bags or Tupperware containers. Make sure you only grab one!

- Emma

Diabetes Resource: STEP OUT[®] Walk to Stop Diabetes



STEP OUT: Walk to Stop Diabetes is the American Diabetes Association's annual fundraising walk.

Having raised more than \$175,000,000 over the course of 20 years, it is considered to be The American Diabetes association's signature event.

Currently STEP OUT takes place in over 120 cities nationwide, including Pittsburgh. Step Out events host music, food, kids activities, local entertainment and take the time to recognize walkers suffering from type 1, type 2 or gestational diabetes as well as those who have made special contributions.

You can be a part of STEP OUT by signing up as an individual walker, as part of a walking team, or as a volunteer.

Date: October 27th, 2013

For more information, contact or visit:

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-Cece

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