



CHOICE Quarterly Newsletter Volume 4, Issue 1 Spring 2016

Communal Health of Interacting Couples Study

Dear CHOICE Participants:

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Dear CHOICE participants,

It is hard to believe that this study has been up and running for 3.5 years. There are now over 160 couples in the study. We are pleased to say that we have been able to locate and re-interview nearly all of you at the 6-month follow-up. We are also conducting brief 18-month phone followup interviews, and we touch base with you at 30 months (2.5 years). You can see that we don't want to let go. In my 25+ years of

health research, this is one of the best studies that I have ever conducted because of all of you. Not only are the staff great (you know because you have met our wonderful interviewers!), but all of you have been so helpful and so dedicated. We are grateful. I know that it seems like a long time coming, but we should be able to start providing you with some study results in another year.

In this newsletter, we have some exercise tips for strengthening your

legs, a healthy recipe, a fun fact about diabetes, and a health event that might interest you on Wed, March 9th. If you attend, we may see you there!

Happy Spring!

Vicki Helgeson

Strengthen your legs!

Strengthening the lower body is incredibly important to maintain and increase your mobility. You need your legs to walk, run, and bike!

And, it may take a couple of weeks for your body to get adjusted to these exercises. If you are not sure if you should do these exercises, please check with your physician.

Calf Raises

You can strengthen your calves by simply walking up hills and uneven terrain!

Or, stand on your tippy toes for 10 seconds at a time. Do this for 10 rounds.

Lunges

1. Keep your upper body straight, with your shoulders back and relaxed and chin up

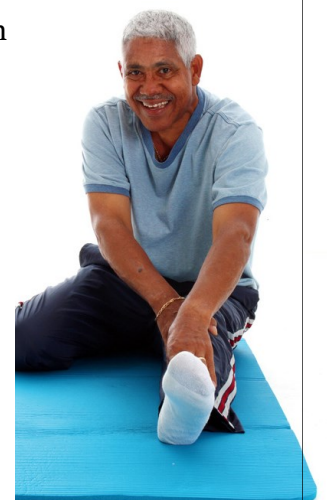
2. Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle.

Knee Extensions

1. Sit up straight in a chair, with both feet on the ground.

2. Raise one leg so that the leg is parallel to the ground.

3. Hold this position for 5 seconds, then lower the leg.



Recipe: Marinated Grilled Chicken with Zucchini



Nutritional Information

Calories	250
Carbohydrates	7 g
Protein	25 g
Fat	13 g
Saturated Fat	2.2 g
Sugars	4 g
Dietary Fiber	1 g
Cholesterol	65 mg
Sodium	70 mg
Potassium	520 mg

INGREDIENTS

Marinade

Juice of 2 clementine oranges (1/2 cup)
1 tablespoon olive oil
1 clove garlic, minced
1/8 teaspoon ground Black pepper
Cooking spray
1 pounds boneless chicken breast tenderloins

Zucchini

2 medium zucchini, sliced into 1/2-inch circles
2 tablespoon olive oil

DIRECTIONS

1. In a medium bowl, whisk together all marinade ingredients. Place the chicken tenderloins in a large plastic storage bag. Pour marinade over tenderloins and coat well. Seal bag and refrigerate 1 hour or overnight.
2. Spray grill with cooking spray and preheat to medium-high. Place chicken tenderloins on grill and brush with any remaining marinade. Grill about 4-5 minutes per side or until done.
3. Brush zucchini with olive oil. Grill 3-5 minutes per side. Serve chicken tenderloins with zucchini rounds.

Interesting Facts About Diabetes

1. About one third of all people with diabetes do not know they have the disease.
2. Type 2 diabetes often does not have any symptoms.
3. A meal plan for a person with diabetes isn't very different than that which is recommended for people without diabetes.
4. Good control of diabetes significantly reduces the risk of developing complications and prevents complications from getting worse.
5. Diabetes costs \$174 billion annually, including \$116 billion in direct medical expenses.

KEEP HEALTHY Event at Hosanna House

Date: Wednesday, March 09, 2016

Location: Hosanna House

807 Wallace Avenue

Wilkinsburg, PA 15221

Time: 11:00am-2:00pm

What is KEEP Healthy?

The National Kidney Foundation's community-based initiative to educate about the kidneys, risk factors for kidney disease, and steps to take to keep kidneys healthy and reduce risk.

What does the KEEP Healthy Check-up Include?

- Body Mass Index (BMI): Height and Weight Measurements
- Risk Survey
- ACR urine test for albumin (a type of protein) – For individuals at risk only!
- Blood pressure check
- Free educational materials
- Opportunity to speak with a health care professional

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