

# COMMUNITY HEALTH EDUCATION

NEWSLETTER - DECEMBER 2021/JANUARY 2022



## Starting a New Year, with Physical Activity!



It's that time of year again when we look forward to starting the New Year right, and for many, that means making a resolution to start exercising. Maybe you are looking to create a healthier lifestyle to avoid chronic diseases, such as diabetes and high blood pressure, that you have seen within your family. Whatever your reason is, we salute you and want to help guide you to make this resolution stick.

First, prior to starting an exercise routine, it is important to visit your doctor to ensure you are physically ready to start exercising. Your provider may want to refer you to our Sault Tribe Physical Activity Program where we can help you start exercising in a safe and supervised manner. If you are given the green light to start on your own, there are a few things to consider. What are your goals with exercise? Where do you plan to exercise? How much time per week are you going to commit to exercising? And what will you do when you reach your goal?

Setting an exercise goal is crucial to focus your energy on what needs to be done. Are you looking to lose weight, build muscle, increase your energy, or lower your blood sugar? Make sure that your goal is obtainable. For example, a goal of losing 50 lbs in 2 months is not obtainable. If you make your goals too high, it can become very discouraging if you don't reach them.

Determining where to exercise is important because it can be a factor in staying motivated and on track. If you are going to work out at the gym, the benefits are that you have a vast amount of different equipment to choose from and it can be motivating to be around other people exercising. The downside could be the fact that you have to travel there to work out and finding the time to go could be a factor.

Many people make the mistake of starting off a new exercise routine at an excessive rate. Some will go from not exercising at all to working out 7 days a week for 2 hours a day. That can lead to overtraining, burnout and feeling overwhelmed. The best plan is to start out slowly, maybe 2-3 days per week for 1 hour per session, and give your body a chance to get acclimated to this new activity.

Seek help with your exercise routine. Always look for accredited professionals who have degrees in their field and are certified or licensed. For more information please contact our Sault Tribe Physical Activity Referral Program at (906) 632-5210. By following these simple guidelines, your New Year's resolution can become more of a reality and less of a wish.

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# Save Tobacco for Tradition



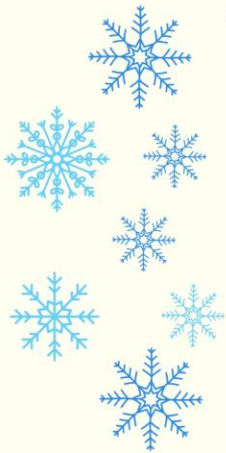
Asemaa or traditional tobacco is a sacred medicine. Asemaa has been used by Anishinaabe for generations to give thanks. Gratitude is expressed to Mother Earth for the gifts she provides and to others who give us their knowledge, time, and love. When we give thanks we honor our relationships and ourselves.

Tobacco is offered to the plants, to the fire, and to the water as a gift to communicate with the spirit world. The use of traditional tobacco is part of centuries of tradition that connects today's youth, adults, and elders with those of generations ago.

When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts. The Sault Tribe Nicotine Dependence Program encourages the use of traditional tobacco in a safe, sacred way. The program also educates and assists the tribal community in creating and sustaining commercial tobacco-free lives. One of the healthiest lifestyle changes someone can make as we move into a new year, is to quit commercial tobacco use. For more information, please contact the Sault Tribe Nicotine Dependence Program at (906) 632-5210.

## Calorie Burning Winter Activities

Calories you can burn doing 60 minutes of popular winter activities:



Cross-country skiing  
500 - 700 calories



Hockey  
400 - 600

Snowshoeing  
400 - 600 calories

Snowboarding  
300 - 450 calories

Shoveling snow  
200 - 600 calories

Ice skating  
500 - 700 calories

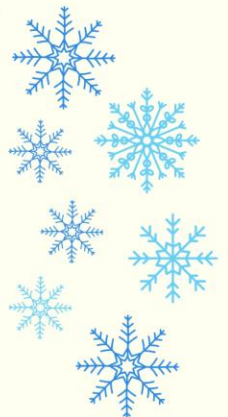
Snowmobiling  
200 - 350 calories



Sledding  
400 - 600 calories



Splitting wood  
400 - 500 calories



Source: Ainsworth, B. E., Haskell, W. L., Whitt, M. C., Irwin, M. L., Swartz, A. M., Strath, S. J., O'Brien, W. L., Bassett, D. R., Jr, Schmitz, K. H., Emplaincourt, P. O., Jacobs, D. R., Jr. & Leon, A. S. (2000). Compendium of physical activities: an update of activity codes and MET intensities. *Medicine and science in sports and exercise*, 32(9 Suppl), S498-S504. <https://doi.org/10.1097/00005768-200009001-00009>

## The Native American Ribbon Skirt

The Native American ribbon skirt is a symbol of resilience, strength, and identity for Indigenous individuals who wear them. Made typically from silk or cotton and encircled by satin ribbons in varying colors, ribbon skirts are often worn for ceremonies and important events but can also be worn day to day.

The colorful ribbon skirts that are seen today have been adapted over time. Ribbon skirts were first photographed in the early 1800s following the introduction of ribbons to the Great Lakes region through trade. However, the practice of the applique style of art predates European contact. Today, ribbon skirts are tailored to convey political or cultural meanings as well as to meet the fashion tastes of their owner.

Sault Tribe Health Education is planning two ribbon skirt workshops for January and February 2022. At the workshops, participants will be able to make their own ribbon skirt and learn teachings on the importance of the ribbon skirt from a Sault Tribe elder.



# January Winter Wellness Challenge

Winter can be a time when you re-invest in your health and well-being. One way that you can achieve this is by creating a winter wellness calendar such as the one below. Challenge yourself every day to accomplish a fitness, health, or well-being goal. Also, allow yourself to have rest days and days to "treat yourself." The new daily tasks will provide motivation for the month and will help you to establish new healthy habits. Research shows that it can take anywhere from 18 to 254 days to build a new habit, with the average time taking about 66 days. No better time than now to start creating new healthy habits!

January 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Complete 12 squats. Repeat 3 times.
2 Rest	3 Thank someone in your life via text message or phone call.	4 Do 25 minutes of cardio of your choice.	5 Wake 30 minutes earlier.	6 List 5 reasons why you are an incredible human being.	7 Complete 50 jumping jacks.	8 Go without eating any dessert or candy today.
9 Rest	10 Plank: Hold your plank as long as you can. Repeat 3 times.	11 Arrange your meals following MyPlate.	12 Set an intention for your day.	13 Do full-body stretching for 30-minutes.	14 Go to bed 30-minutes early.	15 Go for a walk outside.
16 Rest	17 Try a new fruit or vegetable today.	18 Complete 30 crunches, 15 leg raises, and 20 bicycles.	19 Journal for 10-minutes.	20 Practice gratitude for 5 things in your life.	21 Pamper yourself today.	22 Volunteer at a local organization who needs a helping hand.
23 Rest	24 Try a new exercise today.	25 Check in with a loved one.	26 Go 30-minutes phone-free.	27 Drink only water today.	28 Eat your meals without a screen.	29 Complete as many push-up as you can. Repeat 3 times.
30 Rest	31 Set SMART goals for the month of February.					

Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40, 998-1009.



**Anishinaabemowin Wellness Phrase:**  
**Apiitendaagozi gijichaag.**  
**Your spirit is important.**

# COMMUNITY HEALTH EDUCATION PROGRAMS

## Good Health and Wellness in Indian Country (GHWIC) Grant

Policy and Environmental Changes to Prevent Obesity  
Changes to Prevent Commercial Tobacco Use  
Community Clinical Linkages to Prevent Type 2 Diabetes  
Community Clinical Linkages to Prevent Heart Disease and Stroke  
Contact: Heather Hemming at 906-632-5210

## Tribal Practices for Wellness in Indian Country (TPWIC) Grant

Seasonal and Cultural Activities for Well-being  
Intergenerational Learning for Resilience  
Indigenous Physical Activity  
Contact: Heather Hemming at 906-632-5210

## Nicotine Dependence Program

Sault Ste. Marie	906-632-5210
Hessel	906-484-2727
St. Ignace	906-643-8689
Manistique	906-341-8689
Escanaba	906-786-2636
Munising	906-387-4614
Marquette	906-265-1616
Newberry	906-293-8181

## Physical Activity Referral Program

Chi Mukwa (Big Bear) Arena  
Sault Ste. Marie  
906-635-4991 or 906-635-4994



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