

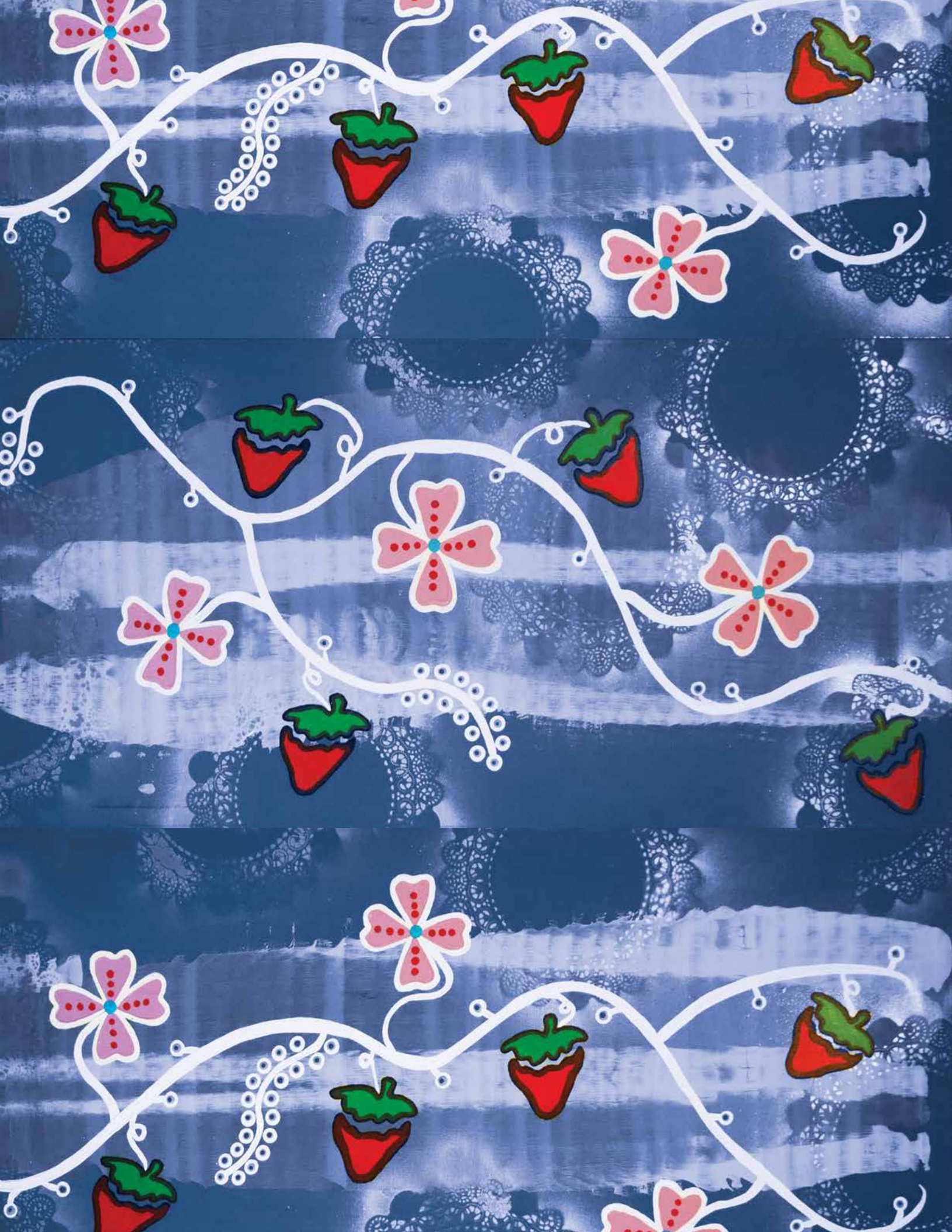
# Make it Sacred

Healthy Living Resource & 30-Day Wellness Log

Remember the Wholeness of Your Being







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# Nurturing Our Health and Wellness with Wisdom. Truth. Honesty. Humility. Respect. Courage. Love.

Sge:no, Aanii, Sago, Hello;

This healthy living resource and wellness log is a tool for those who are on the path of holistic health and wellness. Wellness is the harmonious sum of our mind, body, emotions and spirit. It is with awareness, readiness, willingness, and conscious daily living that we can gain more control over our outcomes in life – whether those outcomes are related to our health and wellness or other areas.

This resource covers the following subjects — including useful teachings and tips:

- Type 2 Diabetes Awareness
- Make it Sacred: Mindful Eating (Goal Setting)
- Engaging Our Physical Body: Moving Energy (Goal Setting)
- Peace Finding (stress management): Restoring Balance Within Self (Goal Setting)
- The Moon Teachings: There is a Time for Everything

Goal setting is important for breaking unhelpful habits and routines and replacing them with healthy ones. This is a great way to achieve success. Goal setting and well thought out plans make a good healthy sense of direction easier to achieve.

The wellness log allows you to record and monitor your daily routine for 30 days. Each page represents one day and includes spaces to fill in the month, date, and year. Each page is divided into three sections for recording your exercise, food, and reflective thoughts. Being consistent can be a challenge, so even if the 30 days are not consecutive, don't worry; just keep returning to your path. After about 30 days of good change and mindful intention, many choices and activities often become routine, positive habits. By that point, you are well on your way to seeing various positive shifts, big or small, if you have not started seeing them sooner.

**Haudenosaunee principles (in the Cayuga Language) that we carry in our bundle as we travel through life:**

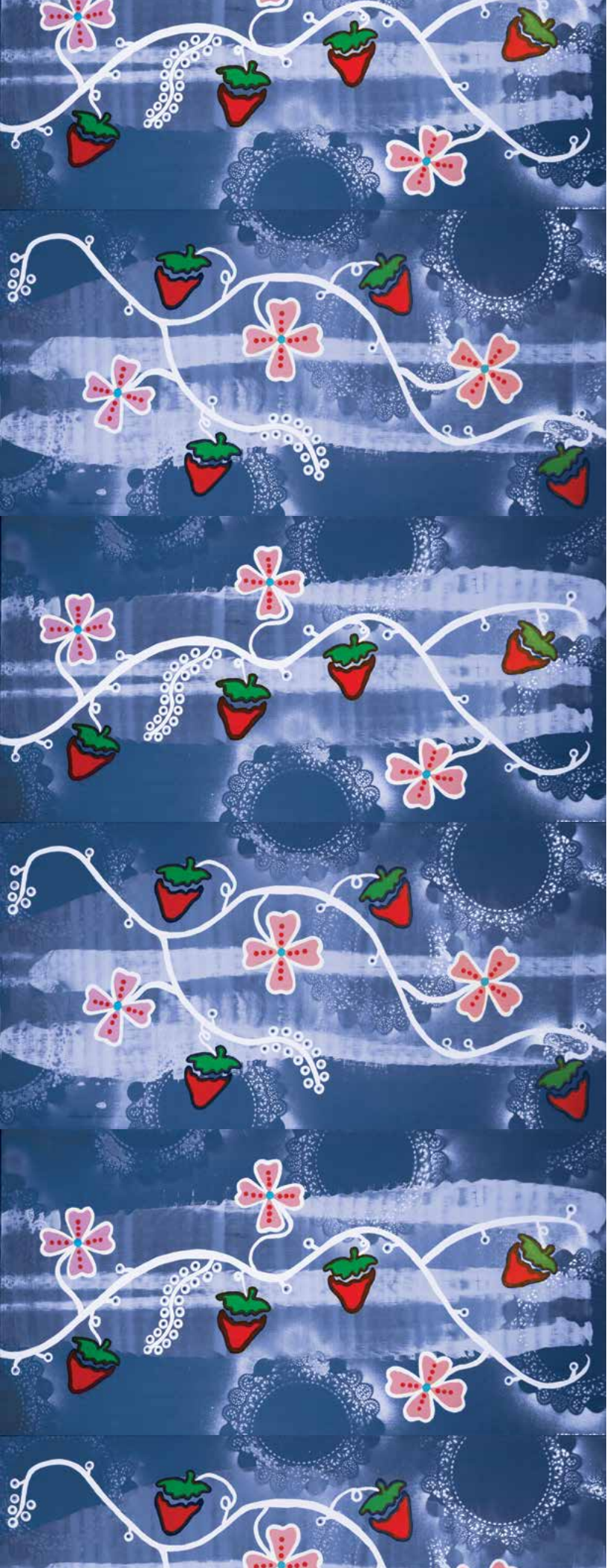
**Ganohkwahsra'** Love  
**Ohdrihwagwaihso:'** Integrity  
**Sge':no: senohdonyoh** Inner Peace  
**Gaiwaedohgoh** Responsibility  
**Gagonyohsde** Respect

**Gagoyohsde:'** Honesty  
**Degakahso:gweh** Sharing  
**Gahsgyao:nyo:'k** Encouragement  
**Oihwado:geh** Consistency  
**Gedeo** Compassion

Best wishes on your journey. Take care and be well.



Crystal Bomberry  
Diabetes Wellness Worker West



# **Diabetes Awareness: Reclaiming Our Original Well-Being**





## Type 2 Diabetes Awareness

*This information does not take the place of medical advice and is intended for awareness purposes only. Whether or not you suspect you may have diabetes, it is important to be tested yearly in order for proper diagnosis and management. If you currently live with diabetes, you should be in regular contact with your health-care team in order to effectively manage it, keep blood sugar levels in a safe and healthy range and decrease your risk of complications.*

Diabetes is a disease in which there is **“too much sugar in the blood.”** To understand diabetes, it helps to know how the body normally works when you eat food that contains **energy** (also known as **carbohydrates**, which include **sugar** and **starch**). Carbohydrates come in varying amounts from many foods. We get carbohydrates from fruits and vegetables (natural sugars), grains (starchy and sometimes sugary foods), and dairy products (a natural sugar called “lactose”). Wild game and naturally-occurring meats contain no carbohydrates; however meat alternatives, such as beans, do.

When you eat food, it is digested and absorbed into the body. Food containing energy (carbohydrate foods) is converted to **glucose (sugar)** in the body. The amount of sugar in the blood rises. The brain sends a message to the **pancreas** (an organ behind the stomach) to secrete the hormone **insulin**, to reduce blood sugar. Insulin acts like a key, links with the sugar in the blood, carries it to the body cells and deposits it so that it can be used for **energy**. The key to stable energy (sugar levels) is **to choose whole, live and fresh foods** while limiting packaged and processed foods which are often high in preservatives such as sugar, salt, fat, and starch; all items that affect **blood health**.

# DIABETES

## Types of Diabetes

**Type 2 Diabetes** occurs when the pancreas does not produce enough insulin to redirect sugar from the blood and into body cells to be used for energy, or when the body can not use the produced insulin properly (insulin resistance). Type 2 diabetes is often prevented through daily healthy eating and exercise. The signs and symptoms for Type 2 diabetes typically have a gradual onset and therefore may go unnoticed. It is important to be tested yearly so that Type 2 Diabetes can be detected as early as possible and measures can be taken for good management and reduced risk of complications. Type 2 diabetes historically used to develop around mid-life (age 40), but today more and more children in Indigenous communities are being diagnosed. Type 2 diabetes can often be managed with a healthy diet and regular exercise but sometimes medication is necessary.

**Type 1 Diabetes** usually occurs early on in life, and is characterized by the inability for the pancreas to produce insulin — which means the body is unable to redirect sugar from the blood and into the body cells to be used for energy. The signs and symptoms for Type 1 diabetes have a very rapid onset. Treatment for Type 1 diabetes includes daily insulin injections prescribed by a doctor, as well as a healthy lifestyle.

**Gestational Diabetes** occurs during pregnancy and disappears when the infant is born. However, both mom and baby have an increased risk of developing Type 2 diabetes later on in life.

**Signs and Symptoms** of diabetes include but are not limited to unusual thirst, extreme tiredness, blurred vision, frequent urination, headaches, cuts/scrapes/bruises that take a long time to heal, weight loss or weight gain, tingling or numbness in the hands/legs/feet, and sexual dysfunction. Sometimes there are no symptoms at all.

**Risk Factors** for development of Type 2 diabetes include, but are not limited to, high blood pressure, high levels of cholesterol or other fats in the blood, a high BMI (body mass index) or overweight (especially if the extra weight is carried mostly around the tummy), prediabetes (impaired glucose tolerance or impaired fasting glucose), polycystic ovary syndrome (PCOS), psychiatric disorders (schizophrenia, depression, bipolar disorder), obstructive sleep apnea, and darkened patches of skin called acanthosis nigricans.

Having high blood sugar levels over a long period of time can damage your body's blood vessels. Damaged blood vessels prevent your blood from travelling where it needs to go. If your nerves and organs don't receive enough blood, they stop functioning properly.

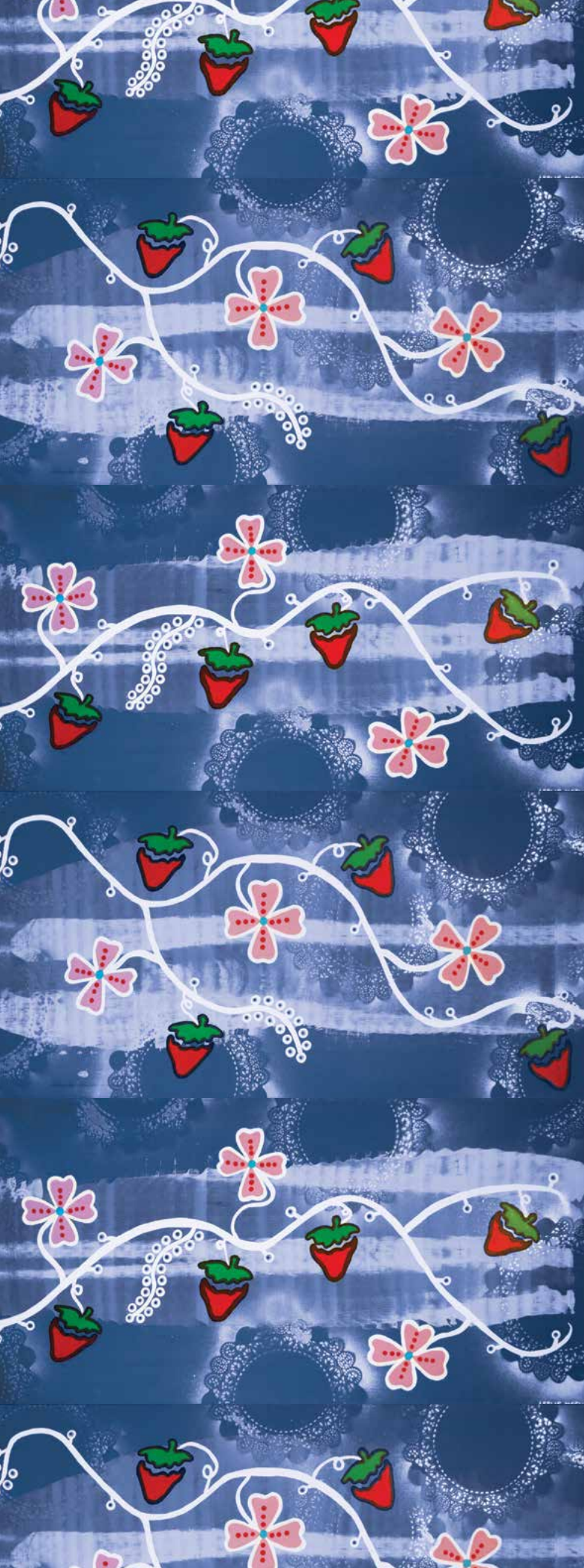
Diabetes complications may include:

- kidney disease (nephropathy)
- eye damage (diabetic retinopathy)
- erectile dysfunction
- nerve damage and amputation
- high blood pressure, heart disease and stroke
- mental health issues

However, high blood sugar isn't the only culprit—high blood pressure, high cholesterol and smoking also damage your blood vessels and increase your risk of diabetes complications.

([www.diabetes.ca](http://www.diabetes.ca) Diabetes Canada, website 2021)





# **Make it Sacred: Food as Medicine**



# Make it Sacred: Food is Our Medicine

Historically our wholesome traditional foods and activities made Type 2 diabetes, obesity, heart disease, and some types of cancer rare. Our Elders tell us that we have always had original “fast food” — such as deer, rabbit, elk, bison, moose and fish, to name a few. These animals are fit, lean, and healthy. Great care and effort are required to hunt and prepare them.

Traditionally, we had everything we needed for survival. We still do. The sunlight, soil, water and air sustain us and provide the vegetation (food, medicine plants, trees), animals, fish, and water we need for nourishment. Foods specific to each Indigenous group were found in the local geographic location in which our people lived.

Think of your body as a unique piece of machinery. Your body needs good maintenance in order to carry out its functions. The foods and fluids that you put into your body are your fuel. Your body needs fuel that provides vital nutrients such as energy (carbohydrates), protein, good fats, fibre, vitamins, minerals and water.

## Make it Sacred: Mindful Eating

Make it Sacred means, “remembering the spirit in our food.” Traditionally, there are protocols followed and ceremonies conducted in the process of getting, preparing, sharing and eating our food as well as honouring all the goodness and nourishment that Creation provides. With a drastic change in lifestyle over the centuries and decades, many of us have forgotten about nurturing our inherent sacred relationship with our food and water, and in that process, our eating practices have become disrupted and have lost meaning.

Today we eat for reasons other than sustenance. Many eat mindlessly — out of boredom or to relieve sadness, shame, anger, and stress. Some seek immediate gratification and relief to fill a void. Others seek comfort through that which is outside of themselves. Traditional teachings tell us to look within to reflect and heal. The phrase “remembering the spirit in our food” is a reminder to find balance through mindful eating, daily healthy living practices, and a healthy relationship with ourselves and Creation.



Some mindful eating concepts include:

- **Intention & Love** Create an environment with positive intention and love to increase flavour and goodness. A good mind is needed for working in the kitchen and garden, and for hunting and fishing. Eat in a relaxed state and don't rush. Enjoy.
- **Awareness & Gratitude** Understanding the source of your food, and that its purpose is to nourish your body, mind and spirit. Give thanks.
- **Optimal Ingredients** Be a conscious consumer. Try to shop local. Eat whole, real, and seasonal foods. Real foods have spirit.
- **Preparation** Make time to prepare meals from scratch by working with the foods and cooking in healthy ways. Washing, peeling, cutting, etc. are all part of the process and should be done with relaxed, mindful attention. Take your time.

# Traditional Healthy Foods

Plant Foods			Beans, Nuts & Seeds	Meat & Fish
White Corn	Burdock Root	Strawberry	Navy Beans	Wild Salmon
Peas	Beets	Raspberry	Kidney Beans	Pickarel
Celery	Jerusalem	Blueberry	Pinot Beans	Lake Trout
Green Beans	Artichoke or Sunchoke	Blackberry	Black Beans	Whitefish
Mushrooms	Sweet Potato	Musk melon or cantaloupe	Black-eyed Beans	Perch
Winter Squash	Potato	Apple		Bass
Acorn	Rutabaga	Pear	Wild Rice	
Pumpkin	Carrots	Blackcap	Quinoa	Duck
Hubbard	Celery Root or Celeriac	Cranberry	Amaranth	Goose
Summer Squash	Turnip	Cherry	Millet	Turkey
Zucchini	Onions	Plum		Pheasant
Cucumber	Garlic Chives	Peach	Walnuts	Partridge
Dandelion Greens	Mint	Currant	Chestnuts	
Spinach		Grape	Beechnuts	Eggs
Kale	Maple Sap or Syrup	Rhubarb	Acorns	
Chard	Honey	Tomato	Hickory Nuts	Deer
Nettle			Hazelnuts	Moose
Purslane			Cashews	Beaver
Clover Root			Almonds	Muskrat
Dock			Peanuts	Rabbit
Seaweed			Pumpkin Seeds	Bison
Lamb's Quarters			Squash Seeds	Elk
Sorrel			Sunflower Seeds	Caribou
Fiddlehead			Oils from nuts and seeds (For example walnut oil, sunflower oil)	

Source: Two Row Times Newspaper, "Healthy Roots," 2015.



# Healthy Eating Tips

**Moderate the Five White Gifts.** Choose whole, live, fresh foods most often. Limit foods that contain high amounts of “Five White Gifts” ingredients which are: flour, sugar, salt, milk or hard animal fat (lard, fat from pork, beef, or chicken), and limit beverages that contain sugar. Keep in mind that healthy fats such as fats from fish, avocado, walnuts, various nuts and seeds, and olive oil serve different functions in the body but like anything else, should be moderated.

**Choose a variety of real foods and practise portion sizing.** Eating a good variety of **real, live foods** and moderating most packaged and processed foods (which are often loaded with the “Five White Gifts,” along with many other preservatives) is essentially what healthy eating is about. Any small change you can make is a great start. Canada’s Food Guide was amended in 2019 and simplified to suggest a healthy meal consists of plenty of vegetables and fruits (1/2 plate), protein foods (1/4 plate), whole grain foods (1/4 plate) and water to drink (see next page for plate visual and healthy eating tips). The previous version of Canada’s Food Guide emphasized the “grain and grain products” and “milk and milk products” food groups which were not originally a part of the North American Indigenous diet. These foods are still prevalent in the diets of many people and we continue to see high rates of Type 2 diabetes and its complications.

**Drink water. Water is life.** For optimum health, water should be the drink of choice most often. Water offers numerous benefits. If overeating is a problem, try having a glass of water before meals to minimize overeating. Drink more water if ill, highly active or in extreme hot weather.

Choose Healthy Snacks
Ensure that snack foods are primarily whole, real and fresh foods. Limit packaged and processed foods and snacks like instant dinners, cookies, chocolate bars, chips, etc. Healthy snacks include:
Air popped popcorn with little or no salt and butter
Yogurt with small handful of almonds and/or fresh berries
Fresh cut vegetables with or without low-fat dip
Slice of toast with peanut butter
Two boiled eggs
Small handful of sunflower seeds or pumpkin seeds or nuts
Tuna/salmon tossed with balsamic vinegar dressing or plain balsamic vinegar with five or six whole grain crackers
Black bean dip or hummus with a few small pieces of flatbread

**Read nutrition labels.** By reading Nutrition Facts tables on packaged and processed foods, you can make healthy food selections or avoid non-nutritious foods. The Nutrition Facts table on packaged foods indicates the serving size of that particular food and the amount of energy (calories) in the serving. The table also indicates the nutrients and nutrient quantities the serving of food contains and what percentage of daily recommended intake is present for each nutrient the serving of food contains.

Talk to your regional IDHC Diabetes Wellness Worker or your local Health Promotion Department if you would like to learn how to read nutrition labels.

# Canada's Food Guide 2019: Featuring Special Consideration to Indigenous Foods

**Vegetables and fruits** are high in fibre, vitamins, minerals, and water. They also contain carbohydrates (energy), although not as abundantly as grains/ starch foods. Try to eat more vegetables than fruits, and choose colourful and fresh when possible. Frozen and canned vegetables and fruits are nutritious too, but be sure to rinse canned vegetables to reduce excess salt and rinse fruit to reduce sugary syrup.

**Protein foods** include meats and alternatives. Wild game from the land, air, and water (moose, wild turkey, fish), beef or pork are meat sources. Chicken is also a great protein source. Alternatives include beans, peas and lentils, nuts, seeds, eggs, and other plant proteins.

**Whole grain foods** include grains and cereals such as wild rice (which is actually a “seed”), lyed white corn (contains calcium when lyed with wood ash), steel cut oats, barley, quinoa, couscous, whole wheat pasta, and brown rice.

**Healthy fats** include nuts and seeds, fatty fish (such as salmon, trout, herring and mackerel) avocados, and olive oil. Depending on the type consumed, dietary fats can modify the risk of heart disease because of their impact on blood cholesterol levels. Healthy fats help reduce bad cholesterol in the blood. Limit the amount of saturated and trans fats you consume. Trans fats are formed during food processing and in the past were found in hard margarines, vegetable shortening, and commercially baked goods, like cookies. Saturated fats are found in foods such as dairy products (butter, cheese, whole milk) and animal-based foods, including beef, chicken, lamb, pork and veal.

**Herbs and spices** are often overlooked yet offer numerous health benefits and healthy flavour enhancements. There are many ways to use herbs and spices and it is worth the money, time, and effort to research a book or the web, and then incorporate herbs and spices into your meal preparation. Start with a few simple herbs and spices to begin creatively and nutritiously enhancing your food.



Enjoy your food

Eat meals with others

Be aware of food marketing



# Reading Labels: The Nutrition Facts Table

Food labels provide information on nutrition contained in packaged items. To the right is an image of a Nutrition Facts table for crackers. Nutrients listed have a purpose and are needed in varying quantities.

**Fat** provides energy and nutrients for your body. Too much saturated and trans fat is a risk factor for heart disease or Type 2 diabetes. Aim for healthy (unsaturated) fats most often.

**Cholesterol** builds the cells and hormones in your body. Too much cholesterol in your blood can lead to heart attacks and/or strokes. Your body makes most of its own cholesterol (80% of what is needed) so it is unnecessary to choose foods high in cholesterol.

**Sodium** is another name for salt. Salt helps to balance the fluids in your body, but eating too much may be harmful.

**Carbohydrates** provide energy for your muscles and brain. Starch, sugar and fibre are listed under Carbohydrates on the Nutrient Facts table.

*If you have diabetes, you can help control your blood sugar level by dividing carbohydrates evenly amongst your meals and snacks throughout the day, and by ensuring a balanced plate that also includes fibre, protein, and healthy fat.*

**Protein** builds muscles, bones, and teeth.

**Vitamins** keep skin and eyesight healthy. Vitamin C helps your body fight infection.

**Minerals.** Calcium is a mineral that promotes strong bones and teeth and may prevent osteoporosis. Iron is a mineral that helps your red blood cells carry oxygen throughout your body.

**Get less of these:** saturated fat, trans fat, cholesterol and sodium. Choose packaged foods with low % daily value of saturated fat and sodium, especially if you are at risk of heart disease or diabetes.

**Get more of these:** fibre, Vitamin A and C, Calcium and Iron. Choose packaged foods with high % daily value of these, and moderate carbohydrate intake.

Look at the “Ingredient List” found beneath the Nutrition Facts table. If there are more than three ingredients in the packaged food, it is likely not a very healthy option and should be consumed in moderation.

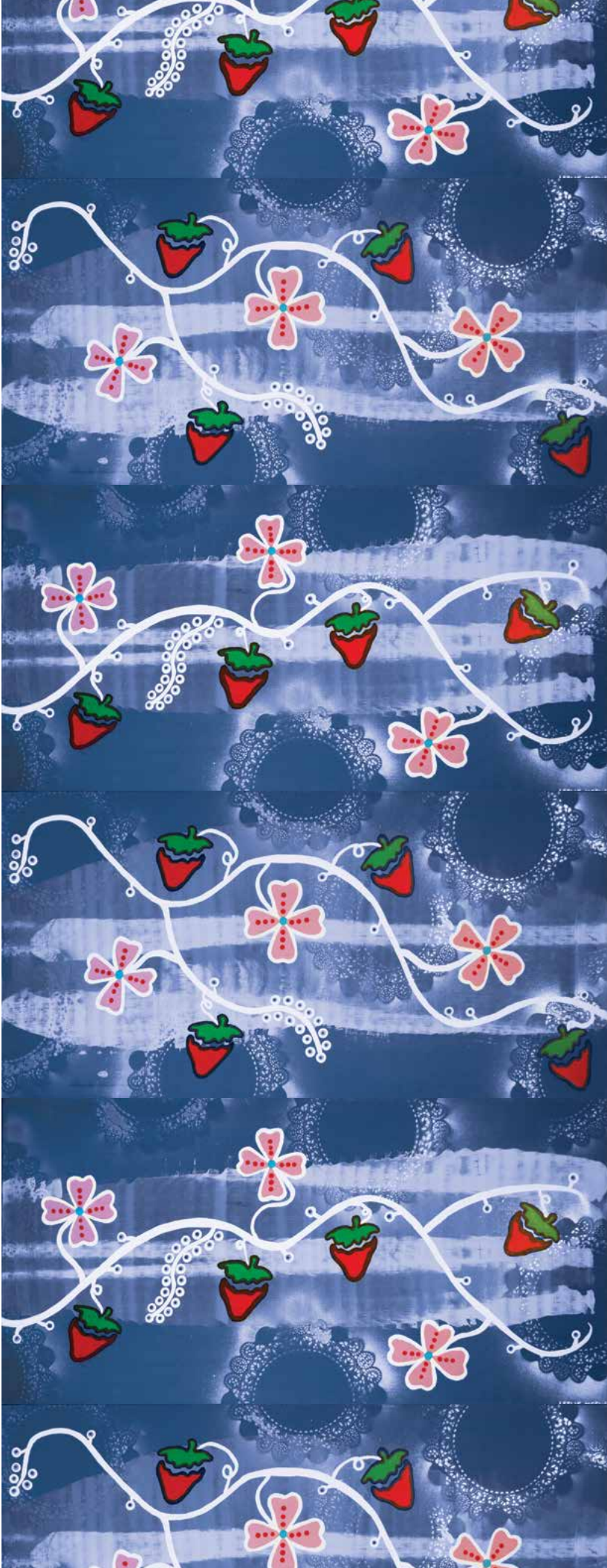
Nutrition Facts			
Serving Size 2 crackers (14g)			
Servings Per Container About 21			
Amount Per Serving			
Calories 60	Calories from Fat 15		
		% Daily Value*	
<b>Total Fat</b> 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 70mg			3%
<b>Total Carbohydrate</b> 10g			3%
Dietary Fiber Less than 1g			3%
Sugars 0g			
<b>Protein</b> 2g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 0%		• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat:	Less than	66g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate:		300g	375g
Dietary Fiber		25g	30g

## Goal Setting for Healthy Eating

Think about what you want to work on in order to improve your eating habits and ultimately, your health. Set three specific goals you would like to achieve and then indicate three simple action steps you can do to achieve each goal. On a confidence scale of one to 10 (10 being “very confident”), give yourself a confidence rating with each goal. Your confidence level should be at least a seven. If it is below seven, you may wish to slightly modify your goal so that it is more realistic and attainable.

<b>Goal 1</b>
Action Step 1:
Action Step 2:
Action Step 3:
<b>Goal 2</b>
Action Step 1:
Action Step 2:
Action Step 3:
<b>Goal 3</b>
Action Step 1:
Action Step 2:
Action Step 3:





# Engaging Our Physical Body: Moving Energy

# Engaging Our Physical Body: Moving Energy

## Three main types of exercise

**Flexibility (stretching)** This includes gentle bending, reaching, and stretching of the muscles. These activities relax muscles, keep joints mobile, and increase range of motion. Try to do flexibility exercise four to seven days per week. Yoga is a great example of flexibility exercise and offers numerous benefits to the body, mind, and spirit. In fact, yoga has proven to greatly improve the health of people all around the world. Contrary to popular belief, you do not have to be flexible to do yoga. However in time, regular yoga practise will increase your range of motion, improve breathing, develop body awareness and alignment, enhance your ability to relax, and quite possibly transform your life!

**Endurance (cardiorespiratory)** These types of activities strengthen the heart and lungs, and therefore our circulatory and respiratory systems. “Cardiorespiratory capacity is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy for physical work (activity).”<sup>1</sup> Below are three levels of intensity showing beneficial time frames:

Light	gardening, yard work, walking, or stretching	60 min
Moderate	brisk walking, biking, raking leaves, swimming, dancing	30-60 min
Vigorous	aerobics, jogging, basketball, swimming, elliptical, rowing	20-30 min

If you are new to exercise, start with smaller increments of time and gradually lengthen your durations.

**Strength (Resistance)** Strength activities make the muscles and bones stronger and improve posture. Strength exercise is also a key element in burning fat and losing weight to achieve a healthier bodyweight. Many people think that cardiorespiratory exercise is the most important element to weight loss, or even the only element. In reality, it is a healthy combination of strength exercise, endurance exercise, and healthy eating that leads to a healthy bodyweight. Strength exercise increases the basal metabolic rate (BMR) which is the rate at which the body uses energy at rest. This is encouraging news for those trying to lose extra body fat to achieve a healthier weight. Strength exercise should be done two to four days per week. For beginners, it is generally safe and ideal to moderately strengthen each muscle group on a daily basis. However, a person who strength trains intensely and very specifically for substantial muscle growth and strength should rest the trained muscle group for 48 hours prior to training that muscle group again in order to allow enough time for repair and growth.

<sup>1</sup> *Foundations of Professional Personal Training, 2008, page 4.*

While this resource is aimed at “beginners”, it contains useful information pertaining to any stage of health. Beginners may start with doing one to two sets of 10-12 repetitions of strength exercises for each muscle group with 45 seconds to one minute rest between sets, gradually working up to more sets (if desired). Strength goals vary. For example, for toning and stamina, try higher reps with less resistance and little rest between sets. To build muscle mass try doing less reps with more resistance (i.e. heavier free weights or weight machines), with a rest between sets.

Drink water before, during and after exercise.

Consult a health professional if you have questions or concerns about your health status and activity level, or before beginning a new exercise routine.



# Basic Strength Exercises

There are several ways you can do strength exercises. Use your own bodyweight as resistance before adding weights (dumbbells, weight machines, weighted bar, medicine ball, tubing and others).

Explore different methods of strength exercise after you have practised basic strength movements.

Use dumbbells for the Biceps Curl, Overhead Triceps Extension, and Shoulder Raises. When you use free weights, select a weight that is heavy enough to challenge you to complete 10 to 12 repetitions in one set.

## Core

### Abdominal Crunch

- bend knees, place feet flat on floor
- keep back long and shoulder blades against the floor
- elbows to sides, fingers touching at back of head (do not grasp the head and pull on the neck)
- on the exhale, lift shoulders off floor by contracting the abdominal muscles (gaze to the ceiling)
- lower slowly as you inhale
- repeat eight to 12 reps for one set. Do two to three sets or as desired



### Plank (with variations)

- neck and spine long
- lightly engage the abdominals toward spine
- soften elbows
- shoulders square and strong, aligned with elbows and wrists. Hold from five seconds to 30 seconds. Holding time improves as strength improves
- one to three planks separated by 30 to 60 second rest



### Elbow Plank

- tougher than the advanced (two armed full plank) above
- engage the abdominals, tighten your glutes and don't let your back sag
- keep your body in a straight line
- stack shoulders over the elbows
- keep spine and neck long
- gaze to the ground
- breathe



### Side Plank

- soft elbow (supporting arm)
- shoulders stacked
- hips stacked
- tummy contracted toward spine
- chest open
- hold for desired time, anywhere from five seconds to 30 seconds. Holding time improves as strength improves
- one to three planks on each side separated by 30 to 60 second rest



## Strength: Upper Body



### Modified Push-Up

- shoulders square, engage the abs
- align neck and spine to tailbone
- while inhaling, lower the upper body to the floor by bending elbows to about 90 degrees until they are aligned with shoulders
- push up slowly through the chest while exhaling, and do not lock the elbows out
- repeat eight to 10 reps for one set. Do two to three sets if desired



### Bicep Curls

- stand tall and keep shoulders square; inhale
- exhale and curl the dumbbell towards the shoulder by bending the elbow and contracting the bicep muscle; keep the elbow by the hip when curling
- slowly lower back to start position
- repeat eight to 12 reps for one set. Switch sides. Two to three sets on each side, if desired



### Front Shoulder Raises

- stand tall and square your shoulders
- grip the dumbbell in your hand, palm facing downward (see A); inhale
- on the exhale slowly raise the dumbbell until arm is extended out to the front at shoulder level
- slowly lower and repeat eight to 10 reps for one set. Switch sides. Two to three sets on each side, if desired



### Overhead Triceps Extension

- grip the dumbbell and bring it up overhead (palm facing the ear)
- inhale and lower the dumbbell toward the upper back by bending the elbow at the ear; keep upper arm aligned with the ear
- exhale and slowly return the dumbbell back to starting position at the top by extending the elbow which contracts the triceps at the back of arm (don't lock the elbow)
- repeat eight to 10 reps for one set. Switch sides. Do two to three sets on each side if desired



# Strength: Lower Body

## Glute Bridge

- start on back with knees bent, arms at your sides with palms facing down
- slowly exhale as you raise your hips away from the floor until knees, hips and shoulders form a line (gently press palms down for support)
- hold for a couple of seconds, engaging the glutes
- be aware of alignment; ensure knees are stacked safely over the heels and the weight of the upper body rests on the shoulder blades and not the neck
- exhale and release hips back to floor
- repeat eight to 10 times for one set, and do two to three sets if desired



## Squats

- stand tall, feet shoulder-width apart, toes slightly outward
- fingers laced behind the head, elbows to the sides
- hands rest on head, don't pull on head and neck or place arms directly out in front at shoulder height, or keep arms down by placing hands on thighs or hips
- tuck the tummy toward the spine for core support
- lower into squat position by pushing your hips back, as shown (or you can do a deeper "prisoner squat" where the thighs are parallel to the floor, but can be more challenging to those with knee issues)
- key cue: don't let the knees go past the toes
- push through the heels back up to starting position
- repeat eight to 10 reps for one set. Do two to three sets or as desired



## Lunges

- stand tall with your feet shoulder-width apart and arms fully extended at your sides (or place hands on hips)
- inhale as you take a large step forward with one leg, bending the knee and lining it up over top of the heel
- drop back knee toward the floor and keep it in line with the back heel
- on the front leg, slowly push away from the floor until leg is extended, then lower back down to lunge position
- do eight to 10 reps for one set. Push back into standing position
- switch sides and do two to three sets on each side if desired



## Glute Kickbacks

- gently grip a chair for support and stability
- stand on one leg as the support leg; keep spine tall
- raise the foot of the other leg and imagine that you are pressing your foot against a wall behind you
- as you press the foot away from your body as far as you can, feel the glute muscles contract
- bring the leg back to starting position and repeat eight to 10 reps to complete one set
- switch sides and do two to three sets on each side if desired



## Mobility Exercise: Basic Yoga Poses



### Table with one arm and one leg raised

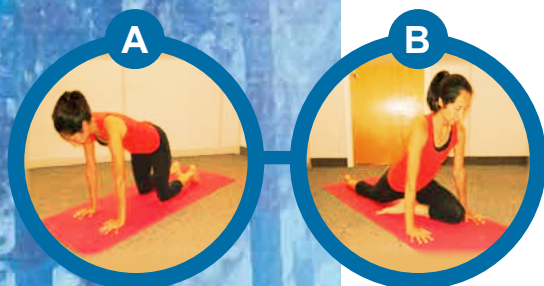
- start on all fours (table)
- align the wrists under the shoulders and knees under the hips
- inhale, lifting the right arm and left leg; aim for a height level with the back if possible
- exhale, hold for two more cycles of breath or as needed
- switch sides; repeat, extending left arm and right leg

**Remember to keep the shoulders aligned, neck and spine long, elbows and knees soft. In standing postures, ensure the pelvis is level with the ground.**



### Cobra

- lying on stomach, bring palms to the mat
- tuck elbows to the sides
- inhale as you gently push away from the floor
- exhale, keep a long neck and spine, shoulders down and away from ears
- hold for two or three breath cycles and return to the mat



### Pigeon (do both sides)

- begin kneeling, elbows soft
- bring left knee up in between hands, crossing foot over toward right side of body
- lower hips toward the mat and feel the stretch down the front of the right hip flexor muscle and left gluteus (glute) muscle as you hold
- hold for a few cycles of breath then switch sides
- repeat if needed



### Cat/Cow

- start in kneeling position
- inhale, drop belly towards the ground and reach the tailbone up toward wall behind you, keep your neck and spine long and your gaze ahead or slightly upward
- exhale, bring the chin toward the chest and round the spine up toward the sky, while drawing your belly toward your spine
- Repeat a few times

**Hold stretches for comfort. This may be three to five cycles of breath or 20 to 30 seconds each. Maybe less.**

**Caution: Rest when you need to at any time, during any posture**



# Mobility Exercise: Basic Yoga Poses

## Standing Forward Fold (repeat two or three times)

- stand with feet shoulder-width apart, back straight, chin level
- keep knees soft or bend them slightly
- inhale
- exhale and bend forward toward the ground, relaxing neck, shoulders, and arms
- hold and breathe for desired breaths, then slowly come back up. Repeat a few times or as needed



## Half Moon (repeat two or three times)

- standing tall, knees soft
- inhale, join palms overhead, keeping an open chest
- exhale upper body to the right, engage abs and side abs
- inhale back to centre
- exhale to the left. Breathe smoothly and consistently. If breath is laboured, you are working too hard



## Warrior Three (do both sides)

- inhale arms up, palms together
- lift left leg behind, body in alignment, keep the standing knee soft, gently draw the belly in toward the spine for stability in the core
- exhale, reach forward, hinging at right hip. Go to a comfortable point or until body is parallel with the ground
- balance, breathe, and hold as needed. Switch sides



## Pyramid (do both sides)

- step right foot forward, hips square to the front and pelvis level with ground
- inhale, reach arms up overhead
- exhale, draw heart toward the front thigh, keeping hips square forward and shoulders square to ground. (stretches hamstring of the front right leg and lengthens the back leg)
- switch sides
- repeat if needed



## Mobility Exercise: Basic Yoga Poses

### Seated Forward Fold

- sit tall
- inhale, bring arms overhead
- exhale and hinge at the hips, reaching towards feet — only go as far as you can, don't force
- hold for a few cycles of breath
- (One cycle of breath = One inhale + One exhale) or as desired, repeat if needed

### Head to Knee

- sit tall with legs extended to the front, bring left foot toward groin
- inhale
- exhale as you lean forward into the extended right leg
- hold for three cycles of breath or as desired.
- switch sides
- repeat if needed

### Side Head to Knee

- sit tall and extend right leg out to the side while bringing the left foot toward the groin
- inhale the left arm up
- reach toward the right side and exhale slowly, ribs reaching toward the thigh, opening and lengthening the left ribs
- keep left shoulder blade rotated back to keep chest open in the front
- hold for a few cycles of breath or as desired then switch sides
- repeat if needed

### Bound Angle or Cobbler's

- sit tall and bring the soles of the feet together in front of groin
- press outer edges of feet together
- inhale
- exhale slowly as you lean forward gently, opening the hips (keep the spine long)
- hold for a few cycles of breath
- repeat if needed

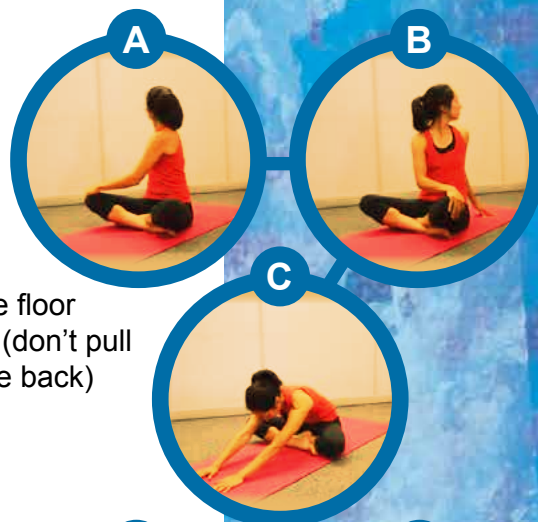




# Mobility Exercise: Basic Yoga Poses

## Seated Twist

- sit tall with legs crossed; if this is uncomfortable for the knees, sit with legs in front and knees only slightly bent
- inhale
- exhale while twisting to the right, placing right hand on the floor behind you and grasping the right knee with the left hand (don't pull hard on the knee to deepen twist, as this risks injury to the back)
- hold for a few breaths and switch sides
- repeat if needed



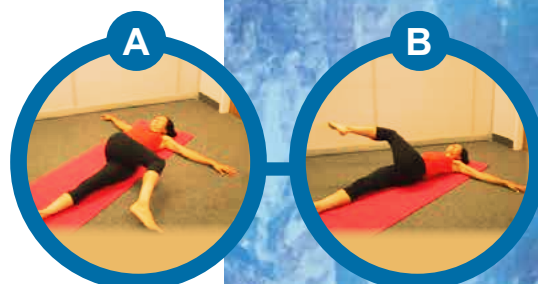
## Upward Facing Wide Angle or Happy Baby

- begin in relaxation (lying on back), bring the knees toward the chest, lifting the soles of the feet to the sky
- keeping the low back flat against floor, and by clasping the feet, gently pull the knees towards the ground on either side of body (feel gentle opening of the hips)
- hold for a few cycles of breath
- repeat if needed



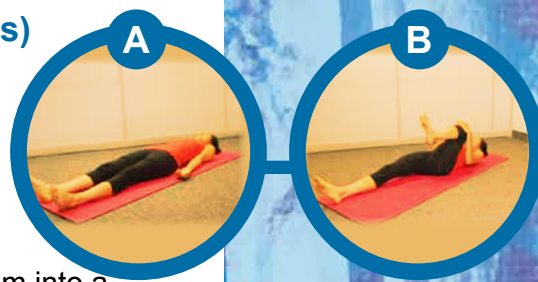
## Supine/Reclining Twist

- start in relaxation (lying on back)
- bring the right knee toward chest and cross it over the body toward the ground on the left side
- keep shoulder blades as close to the mat as possible, and feel stretching of the right glute muscle group, waist, lower back
- hold for a few breaths, and switch sides
- repeat if needed



## Reclining Knee to Chest (part of reclining leg series)

- lie in relaxation pose
- inhale
- exhale, drawing left knee to chest
- inhale into right side of body then exhale
- hold for three cycles of breath or as desired
- switch sides and repeat
- alternatively, cup the knees with the hands, and guide them into a small circular motion to massage the low back against the floor



# Considerations for Exercise

**Cardiorespiratory Exercise (Endurance)** (See information on heart rate and calculating “target heart rate range.”) When doing endurance exercise — whether light, moderate, or vigorous — you build heart, lung, and muscle endurance. You may be unsure of how to determine if you are working hard enough to gain health benefits. Three measures of exertion tell you how hard you are working:

- **Increased Heart Rate** If you are unaccustomed to exercise, increased heart rate may feel uncomfortable at first. Know that an increased heart rate is good —as long as it is not too rapid. If your heart is beating extremely fast, you are working too hard, especially if you are a beginner, so slow your pace and come to a stop!
- **Shortness of Breath** Working harder requires more oxygen which means you begin to breathe faster. Naturally, shortness of breath occurs, but if you are gasping for air and unable to string three words together, you are working too hard. Slow down and come to a sustainable pace.
- **Light Perspiration** As the body heats up from increased activity and energy demands, perspiration (sweating) is its self-cooling mechanism. A sweat is often a good indicator of a workout that will provide health benefits, but if you are sweating profusely, you may be working too hard. Bring yourself to a comfortable, yet challenging, pace.

In order to actually achieve the health benefits of exercise, we do require reasonable energy expenditure and effort; so be aware of and monitor heart rate, breath.

**Resistance Exercise (Strength)** Strength exercise is important for maintenance of everyday functioning and stability. We need to be strong and mobile to perform basic everyday functions with ease and participate in activities we enjoy. There are exercises you can do for every muscle group of the body. Some examples of basic everyday functions we want to maintain include transitioning from sitting to standing, transitioning from standing to sitting in a chair or on the floor, standing for extended periods of time, bending down to pick something up from the floor with proper supportive technique, and doing regular chores like laundry, sweeping, mopping, groceries and yard work.

**Flexibility Exercise (Stretching and Yoga)** We are all built differently which means we will all have different capabilities. Do not get discouraged when there is a task you can not yet perform. You do not have to be flexible to do yoga or other stretching movements. However, with regular practice of stretching or yoga, your range of motion will improve and decrease your risk of injuries. Flexibility is an important component of health. Longer muscles mean stronger muscles. Start with small goals and gradually work your way to more challenging goals. Challenging yourself is good, but be realistic and take it one day at a time. Consistency, variety, and patience are important factors in seeing progress with exercise goals.

**If you’ve been inactive for a long time — and/or before beginning a new exercise routine — seek advice from your doctor before beginning exercise.** Your doctor knows your health history and current health status best, and can address questions or concerns you may have. Your doctor may or may not give you the clearance to proceed. Stop exercising if you feel pain, faint, dizzy, or abnormal shortness of breath.



# Important Exercise Terminology

**Static stretching** involves taking a joint or set of joints through a range of motion to a comfortable end point and holding for a 20-30 seconds, resting briefly, and repeating a couple of times. Static stretching should be done with steady breathing and should typically occur after a warm-up when the body temperature has had a chance to rise, blood has diverted to the muscles, and the muscles have become warm. Static stretching involves gradual lengthening of the muscle in order to persuade the joint into a wider (but safe) range of motion.

**Dynamic stretching** involves an active range of motion and begins at a slow pace and gradually increases in speed and intensity. This type of stretching is most useful prior to performing fluid movement based activities such as tennis, swimming, hiking, or other activities that demand a wide range of motion, and particularly when speed is necessary. It is best to mix static and dynamic stretching in order to better prepare for any activity in which “explosive” movement is involved.

**Repetition (rep)** is one complete movement of an exercise. For example, refer to the biceps curl exercise. One rep consists of bending the elbow to curl a dumbbell towards the biceps to cause concentric motion (muscle-shortening) of the biceps, and then releasing the dumbbell with eccentric motion (muscle-lengthening) as you lower the weight back down to starting position.

**Set** is a series of reps with no rest in between. So a “set” of biceps curls would consist of one full repetition (as described above) repeated 12 consecutive times. There should be a brief rest in between sets and the rest time usually depends on weight/load being lifted.

**Load** is the amount of resistance that is used for a specific exercise. Take note that resistance comes in different forms (i.e. bodyweight, dumbbells, weight machines, resistance bands, etc.). It is important to try the exercise using a light “load” first in order to become safely adjusted to the movement of the exercise and to determine a suitable weight for the number of reps you want to do in a set (in a beginner’s case, it may be one to two sets of 10-12 reps per set for basic toning). The goal is to challenge yourself in a safe healthy way and eventually feel (and hopefully see) the results.

**Tempo** is how fast you perform a repetition. Generally, the release or “eccentric” phase of the movement should be longer than the contracting or “concentric” phase of the movement. This can be measured by a ratio, such as: 2:0:3:0. Using the biceps curl as an example again, this means: two second biceps curl, followed by no rest at the top, followed by three second release and no pause before moving into the next rep. A pause after the contraction—in this case after the biceps curl—is sometimes included to maintain a position. This prevents the use of momentum (swinging the weight unsafely to achieve a repetition) and more efficiently contracts the target muscle group.

**Par-Q** is the Physical Activity Readiness Questionnaire developed by the Canadian Society for Exercise Physiology (CSEP) and Health Canada. It is an initial health screening tool and it is recommended that you review this document thoroughly and answer all questions honestly before beginning an exercise program. If you answer “yes” to any of the seven PAR-Q questions, you need to talk to your doctor for advice and to get clearance to proceed with exercise. It is important that you are safe, whether just beginning with exercise or advancing an existing program.

**RED FLAGS** If you experience red flags or other concerns, seek medical attention and refrain from doing exercise until you have been professionally advised. Red flags include: inability to bear full bodyweight, swelling or inflammation, shortness of breath, night pains, radiating pain, numbness or tingling, loss or range of motion, open wounds, and chest pain.

# The “FITT” Principle

The FITT Principle is a set of exercise guidelines for developing and working through a fitness program in order to achieve health benefits. These guidelines address Frequency, Intensity, Type, and Time, and are used to create individualized fitness plans. At all times, keep in mind importance of balance — challenging yourself enough to achieve results and benefits, but also not risking injury and extreme fatigue by overtraining.

## Frequency

**Cardiorespiratory Training:** Cardio may be performed four to seven days per week.

**Resistance Training:** Depends on the person and the design of the program. General guidelines recommend three to four days per week of strength exercise. This works if you are moderately training every body part in each session, with a day of rest in between. However, a person with training experience and advanced strength goals, such as a bodybuilder, may strength train six days out of the week doing two body parts per day (ensuring 48 hours rest before training a body part again), and one rest day of no strength training at all.

## Intensity

Intensity refers to how hard you are working.

**Cardiorespiratory Training:** For cardio exercise, the heart rate is the main measure of intensity. Before starting the cardio component of your exercise routine, calculate a “target heart rate zone” dependent on your age and fitness level.



The Maximum Heart Rate method (MHR) involves subtracting your age from 220 to get your approximate maximum heart rate in beats per minute (bpm). The answer (MHR) is then multiplied by a lower and upper percentage range to find a target heart rate zone. Moderate exercise intensity is about 50% and 70% of MHR, and vigorous exercise intensity is about 70% to 85% of MHR.

So for a 38-year old, the MHR is 182 bpm (220-38). Next, multiply 182 bpm by 50% and 70% which gives a target heart rate zone of 91 bpm-127 bpm. For more vigorous intensity, the 38-year old would multiply 182 bpm by 70% and 85% which gives a target heart rate zone of 127 to 154 bpm.

This simple method monitors intensity during cardiorespiratory exercise. Find your pulse at the wrist or neck (see pictures above), count the number of beats for 10 seconds, and multiply by six to determine the bpm and see if it falls within the appropriate heart rate zone for the intended intensity.

*The only limitation of this intensity monitoring method is that it does not take into consideration the resting heart rate (RHR). The RHR is a reflection of fitness level. Generally, the lower the RHR is, the better the level of fitness is, and therefore the slightly higher the target heart rate zones may be. There is another way of calculating target heart rate zone that uses RHR, the Heart Rate Reserve (HRR) method. For now, using the above method (percentage of max heart rate) is a start.*



**Resistance Training:** For resistance training, intensity is measured by “workload,” with a few variables:

- amount of weight being lifted for an exercise
- number of repetitions done for an exercise
- amount of time it takes to complete all exercises in a set or in a total training session

Using only one of the variables below, you can change up the intensity of your resistance workout:

- increase workload by increasing the weight lifted
- increase the number of reps with the same weight
- lift the same weight with the same number or reps but decrease rest time in between sets

**Increase intensity in a strength training session using only one of the above variables. For example, do not increase weight and reps at the same time. Also for example, do not increase weight while decreasing rest time between sets.**

**Type** This refers to the specific exercise (or exercises) that should be performed to obtain the desired training results.

**Cardiorespiratory Training:** On page 14, cardiorespiratory activity is broken down into light, moderate and vigorous categories with time frames for each. This indicates that any level of physical activity is better than none and that even includes common everyday tasks. But to really target the cardiovascular system, exercises should engage the large muscle groups and be continuous in nature. Examples include walking, running, aerobics/fitness classes, rowing, elliptical, cycling, dancing, swimming, stair climbing, and more.

**Resistance Training:** This is not limited to free weights and weight machines. Using bodyweight as resistance is the most basic and accessible way to start out and become stronger. Some boot camps use only bodyweight exercises. Resistance training can also include other equipment such as resistance bands, tubing, weighted bars, and medicine ball.

**Time** This refers to the length of time spent exercising. Is longer better?

**Cardiorespiratory Training:** At first, time spent definitely depends on fitness level and intensity. People with lower fitness levels can aim to exercise for 20 to 30 minutes within their target heart rate zone (see Intensity). If previously inactive and new to exercise, this time may be too much. Monitor your heart rate regularly and adjust time or intensity accordingly. As cardiorespiratory health improves, time spent can be increased up to as much as 45 to 60 minutes. Of course with specially trained athletes, time spent will vary.

**Resistance Training:** If a workout ranges from 60 to 90 minutes per day (this includes cardio, strength, and stretching), it is a good idea to make strength training about half the time.

A 60-minute training session can be organized as follows:

- 20 minutes for warm-up & cardio
- 30 minutes for strength training
- 10 minutes for stretching

A 90-minute training session can be organized as follows:

- 30 minutes for warm-up & cardio
- 50 minutes for strength training
- 10 minutes for stretching



Intensity Talk Test	
More Tools to Determine Intensity	
If you can sing	light intensity
If you can have a conversation	moderate intensity
if you can say a few words	vigorous intensity

Rate of Perceived Exertion (RPE)	
Scale to Determine Intensity (for Use in Log Sheet Completion)	
1	Sitting or lying down, no effort involved
3	Light walk
4 to 6	Moderate effort
7	High intensity
8 to 10	Sprinting
9 to 10	can only be sustained for a VERY short time

An intense strength training session takes a lot of energy. Exercising too intensely and too often prevents the body from recovering and adjusting. Challenge yourself, but do so safely and be sure to include rest.

Regardless of how you rate your level of fitness and what you calculate as your Target Heart Rate Zone, consult with your doctor to discuss your current health status before beginning any new exercise routine or changing your existing routine.



# Your Complete Exercise Program

A complete exercise program that addresses all areas of our physical health includes cardiorespiratory, resistance, and flexibility exercises.

Begin your exercise program with **cardiorespiratory activity** (such as a brisk treadmill walk or jog, stationary bike ride, elliptical, etc.) of your choice. Generally, cardio activity should be done four to seven days per week, for a total of 30 to 60 minutes per day or in increments that total 30 to 60 minutes per day. Rather than stretching cold muscles before beginning your cardio session, a light five-minute cardio warm-up should gradually prepare your muscles, increase your heart rate and increase your breathing rate. You may choose any piece of cardio equipment for the warm-up and use that same equipment for the cardio session. This makes it easy to transition from warm-up to cardio, then easily progress to higher intensities that will be maintained for your desired length of time (15 to 30 minutes).

If you do not have access to any type of cardio “equipment,” this does not mean you cannot exercise. You can go outside and walk on the sidewalk, around a track, or around your yard. A long time ago, no one had exercise equipment and people were naturally more active by being in the outdoors much of the time and taking up many different activities, roles, and responsibilities.

According to general guidelines, **resistance (strength)** exercises are done two to four days per week, depending on your own progressive fitness goals. Using natural bodyweight is a good start especially for general increase in activity and overall strength, but other options include using dumbbells (free weights), weight machines, cables, medicine ball, kettlebell, resistance bands, and tubing. You will have a preference for targeting muscle strength and stamina. Know that if you do not have access to strength exercise equipment, use unopened cans of food or water bottles from home to contract the muscles targeted in each exercise.

**Flexibility (stretching)** exercise, such as yoga, can be safely performed on a daily basis (four to seven days per week). Long muscles are healthy, stable muscles and therefore stronger muscles. Flexibility exercises greatly improve range of motion and as a result, decrease risk of injury. Even though toning and strengthening muscles is the aim of resistance exercise, it is beneficial to stretch all muscle groups following any workout, especially after the resistance component. Stretches can be held for about 10 to 30 seconds (or about three to five cycles of breath), called “static” stretching. These stretches should be done at the end of an exercise session as a gentle cool down, since by that point your muscles have been actively working and generating heat for an extended period of time. It is better to statically stretch “warm” muscles rather than to statically stretch “cold” muscles. (See yoga stretches).

## Exercise Program Layout

60-minute Exercise Program	90-minute Exercise Program
<b>Objective</b> Overall movement, general health & well-being, possible weight loss	<b>Objective</b> Overall movement, general health and well-being, possible weight loss
<ul style="list-style-type: none"> <li>• Cardio Warm-Up (Five minutes)</li> <li>• Cardiorespiratory Exercise (15 minutes)</li> <li>• Resistance Exercise (30 minutes)</li> <li>• Flexibility Stretches (10 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Warm-Up (Five minutes)</li> <li>• Cardiorespiratory Exercise (25 minutes)</li> <li>• Resistance Exercise (50 minutes)</li> <li>• Flexibility Stretches (10 minutes)</li> </ul>
<b>Love yourself. Real Food + Water + Exercise + Peace + Sleep = Balance</b>	

If you are new to exercise, start out light in all components or you may not yet be able to complete the components for the general indicated lengths of time. These are very general layouts and can be adjusted. The most important thing to keep in mind is that any exercise you can accomplish is better than none at all, and one foot forward is one step ahead. We should also know and accept that results do not come easily but they will surely come with dedication, patience, and consistency. These are key concepts in the healthy living equation. Work from the inside out, which means focus on feeling good and boosting your self-confidence, first and foremost.



These program templates are intended for those who want structure and guidance. Having structure is part of the goal setting and planning process necessary for achieving at least some of your desired outcomes in any area of life.

Notice that “possible weight loss” is included as an aim for both programs. There is no guarantee that one will achieve weight loss because this outcome is dependent upon the specifics of an exercise routine (i.e. FITT principle) in addition to daily nutrition habits. Exercise is much more effective if it is paired with the important “fuel” factor, which is healthy food consumed. The amount of dedication and consistency we apply to the FITT principle combined with daily nutrition habits heavily influence outcomes.

Take things one day at a time, one small change at a time, and never stop finding ways to bring contentment to your life. Do not be overwhelmed. Most importantly, look deep within yourself for all the self-love, courage, and inspiration you need. We are all worth every bit of time and effort necessary to live our best life in good mind and body. That is the true essence of our spirit, and that is what Creator intended for us. So, get out there and shine your light.



# Exercise and Diabetes

Exercise is great for everyone. Exercise may work like medicine. For people who live with diabetes however, starting a new or more strenuous exercise plan takes preparation. For those with Type 2 diabetes, in particular, a regular routine of exercise may help lower the blood glucose (BG) levels, help lower the cholesterol levels, and strengthen muscles and heart.

## Tips for People Who Live with Diabetes (And Seek a More Active Lifestyle)

If you have diabetes, here are tips to help you get safely started on your new exercise plan:

- See your health practitioner to determine if it is safe for you to exercise. You may need a check-up of your heart, blood pressure, eyes, kidneys and feet just to be sure that exercise won't cause any further health problems.
- Start slow. If you have been inactive, start your exercise plan by walking five to 10 minutes a day, and then gradually increase your walking distance, duration, and speed each week until you have met your goals.
- Wear well-fitting socks and footwear to protect your feet from injury (skin damage, cuts, tears or blisters) caused by exercise.
- Know your blood glucose (BG). It is unwise to start any strenuous exercise if your BG is greater than 16.0 mmol/L. For those with Type 1 diabetes, exercise is not recommended anytime your BG is over 14.0 and you are showing +positive ketones in blood or urine test. Why? Exercise with high blood glucose can actually increase the blood sugar, not decrease it.
- Be prepared for low blood sugar. Carry some form of glucose to treat a low blood sugar, such as four glucose tablets, six jelly beans or three packs of sugar.
- Ask your diabetes care professional for individualized advice on preventing hypoglycemia caused by exercise. You may need a medication adjustment or you may need to add extra snacks to help prevent low blood glucose both during and after exercise.
- Drink water! Many people with diabetes are aware that low blood glucose (hypoglycemia) may occur with exercise — but dehydration can also be a concern, especially on those hot, sunny days. If you need some extra carbohydrates during your workout, try a sports drink or diluted fruit juice to give you fluid plus carbs.
- Learn more. Discuss your exercise plan with your health team. If you have diabetes and are working toward an intensive aerobic/cardio exercise plan, seek advice from an exercise physiologist or diabetes peer supports in addition to your health-care team.
- Have fun.

*“Exercise and Diabetes” Nancy Raymond RN CDE. Nancy is a diabetes nurse educator, practising in Ontario communities since 1989. She has lived with Type 1 diabetes for over 50 years, and finds great pleasure and exercise in walks through the woods with her family.*

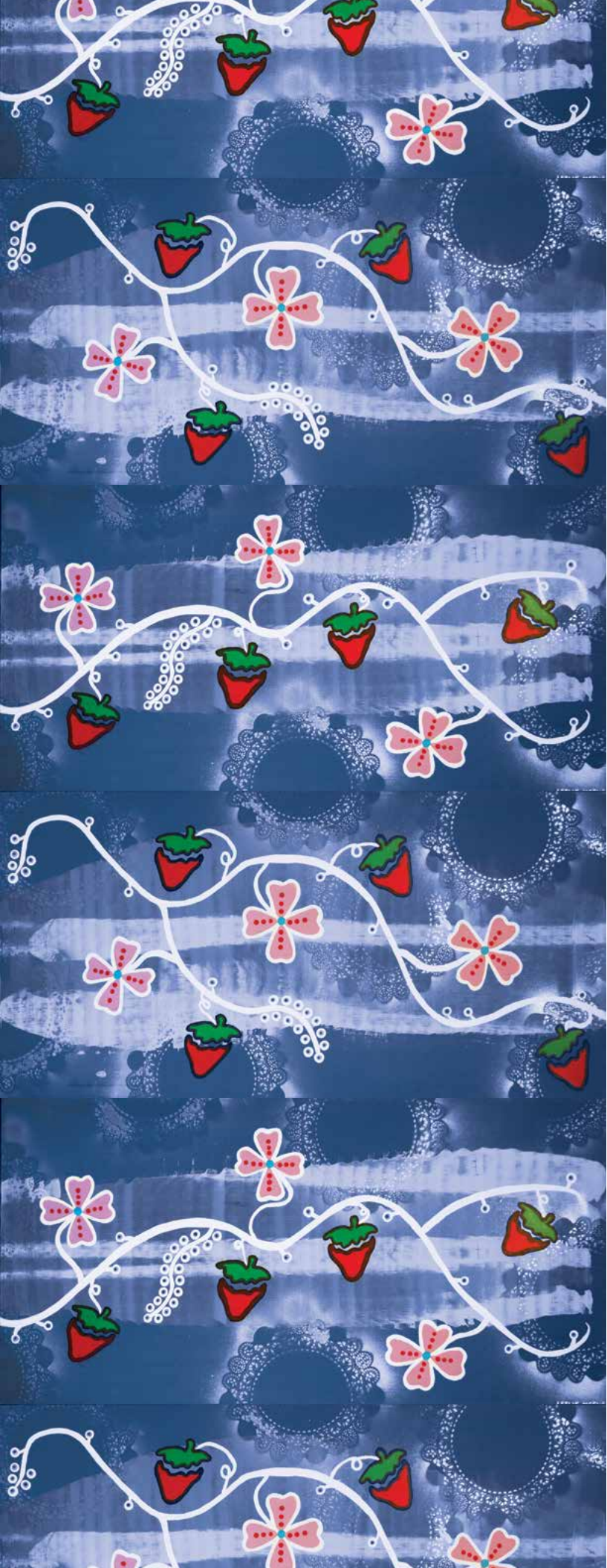
# Goal Setting for Exercise

You likely have a good idea of what you want to work on in order to improve your daily exercise routine and ultimately, your long-term health.

Use this sheet to identify three goals you would like to achieve, and devise three action steps you will use to help you achieve each goal. Start small, be realistic, and go to it! Get moving and have fun! On a confidence scale of 1-10, 10 being 'very confident', give yourself a confidence rating with each goal. Your confidence level should be at least a 7. If it is below 7, you may need to slightly modify your goal so that it is more realistic and attainable for you.

<b>Goal 1</b>
Action Step 1:
Action Step 2:
Action Step 3:
<b>Goal 2</b>
Action Step 1:
Action Step 2:
Action Step 3:
<b>Goal 3</b>
Action Step 1:
Action Step 2:
Action Step 3:





# **Cultivating Inner Peace: The Way of the Heart**

# Cultivating Inner Peace (Stress Management)

There are countless ways to maintain or restore peace and balance to our lives. How we perceive life's obstacles and manage their effect on us is ultimately a matter of choice. We can be mindful of our mindset and approaches.

## Food & Water: Our Daily Sustenance

- eat “real” foods – foods with spirit – and prepare them with love and positive thought and intention (let your good energy greet the good energy of the food) and let it nourish you
- drink plenty of water for proper hydration and fluid balance within the body

## Inner Peace

- sit in stillness; meditate
- practise breath control, starting with slow natural inhales and exhales; connect with breath
- pray and smudge with tobacco, sage, cedar or sweetgrass or a combination of all four sacred medicines
- positive thinking, positive self-talk, and empowering positive affirmations
- forgive (when ready)
- channel emotions in a healthy way (yoga or other energy work with experienced practitioners)
- close your eyes and put your head down if you are sitting at a desk/table for prolonged periods of time
- lay down and clear your head; connect with the present moment and just “be”
- visualize comforting scenes of nature, calming images, and/or healing colours

## Body Relaxation

- get a massage, or give yourself a hand massage or gentle “press and squeeze” on different parts of the body (head, face, neck, shoulders, arms, hands)
- lay down and progressively relax from toes to crown of the head, focusing on each body part, one by one
- meditation
- roll feet arches over a golf ball, squeeze a stress ball
- brush your hair
- drip cold water on your wrist
- warm bath with relaxing aroma (essential oils or herbal) and candlelight

## New Environment

- be alone, create a quiet zone
- nature walk (forests, hills, fields)
- find the sun and moon; learn of their healing ways
- get organized, clean house, decorate
- travel, if possible

# Cultivating Inner Peace (Stress Management)

## Exercise

- yoga or basic stretching, tai-chi
- hiking in the woods
- traditional dancing or other forms of dance
- free style fun dancing
- walking, jogging, biking, stationary bike, elliptical
- swimming
- go outside and “play”
- canoeing/kayaking/rowing
- lifting weights or other strength exercise at home or at the gym

## Creativity and Culture

- write it down – journaling, poetry
- drawing
- do crafts
- listen to your favourite kind of music
- dance and be free
- listen to relaxing sounds of nature, soft music, or a mixture of nature sounds with music
- read books of interest, positive affirmations, healing and wellness
- traditional music, singing, and drumming
- attend ceremonies
- learn your Indigenous language

## Smell/Aromatherapy

- flowers
- massage or bath oils
- aromatherapy (lavender, etc.)
- essential oils
- citrus
- coffee
- bath with aroma and candles

## People

- spend time with family and friends
- play outside with your children, grandchildren, nieces, or nephews and extended family
- join a club or support group (i.e. reading, walking, cooking, inspiration, etc.)
- talk to a counsellor
- talk to a trusted friend or relative
- seek spiritual guidance or advice from a known traditional medicine person
- exercise with people at work or start a Wellness Challenge

## Holistic Wellness

Holistic wellness is often overlooked in our busy world.

If we are well, we feel balance. This means that we are not only eating well and staying active (physical) to promote wellness, but also paying attention to our thoughts (mind), feelings (emotions), and our sense of connectedness and grounding (spirituality).

If Body, Mind, Emotions or Spirit are neglected, our peace and clarity of mind may be challenged, and we may make choices that do not support our well-being. Our neglect may manifest in our health with symptoms such as areas of the body that become tense and prone to injury, stress headaches, inability to sleep, moodiness, difficulty concentrating, a sense of disconnectedness, or other harmful conditions whether seen or felt within our being.

Wellness depends on the balance, and interconnectedness, of our body, mind, spirit, and emotions.





# Peace • Power • Righteousness

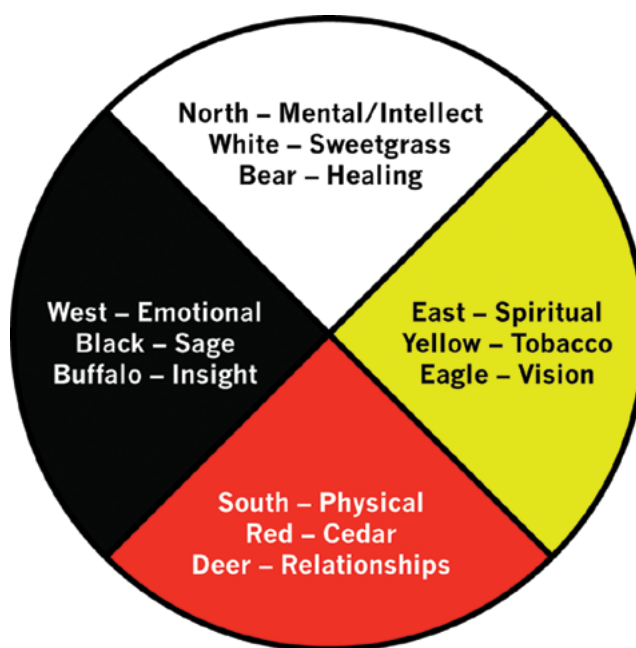


Haudenosaunee values Peace, Power, and Righteousness.  
Peace within and among us. Power of the good mind and unity. Righteousness of being and doing good while living in accordance with our natural instructions.

Through the balance of mind, body, spirit and emotions, we were always intended to live very fulfilling and content lives.

We will continue to live fulfilled and content if we apply a holistic approach to our life and always with mindfulness and consideration of the generations to come.

We can juggle the challenges of Western society best as we continue the mindful and calm ways passed on to us from our Ancestors.



# There is a Time for Everything

“Originally, we as Indigenous peoples had lifestyles that reflected the natural world,” and we had Original Instructions for our relationship with nature. Original Instructions included duties about each family of creation to be responsible. It is still this way. This is explained by, “there is a time for everything.” It is our responsibility to know when that time is. We are to do these things from the time of our birth to the time of birthing back into spirit.



Traditionally, with each moon there were roles and responsibilities that we had for our sustainability. The physical changes of the moon influence all of creation through the change in energy and gravitational pull. The influence of Grandmother Moon’s continuous 28 day cycle around the earth creates a “best time” for action, completion and also for rest.

Each of the four phases of the moon cycle is an average of seven days. Three days prior to each moon phase is the time the energy builds. This is when emotions, tempers, and irritation can mount, peaking on the moon. After the peak, the cycle continues three days after to release and the tension subsides. The cycle ends with a rest day then begins again with the time of building. Beginning with the New Moon, it is the time for building, regeneration and power to attract. The waxing is the increase to light, empowerment and reclaiming knowledge. The waning begins after the Full Moon, decreasing its light and the time for releasing and letting go; this is when the moon is most influential with the gravitational pull of waters. The last quarter restores balance, moving towards growth, creation and rejuvenation.

The more conscious we are of the influence of Grandmother Moon, the more conscious we are of each other and of ourselves. Mark in your personal calendar the days which you should acknowledge. Pay special attention to your relationships and behaviours. When we come to a place of understanding and empathy, then lateral violence and other forms of negativity decreases. This is a great tool for our toolbox to promote “good minds” and “cultivating inner peace.” Recognize that “there is a time for everything” that happens in nature. Be aware of other responsibilities, such as making time for screenings and checkups.

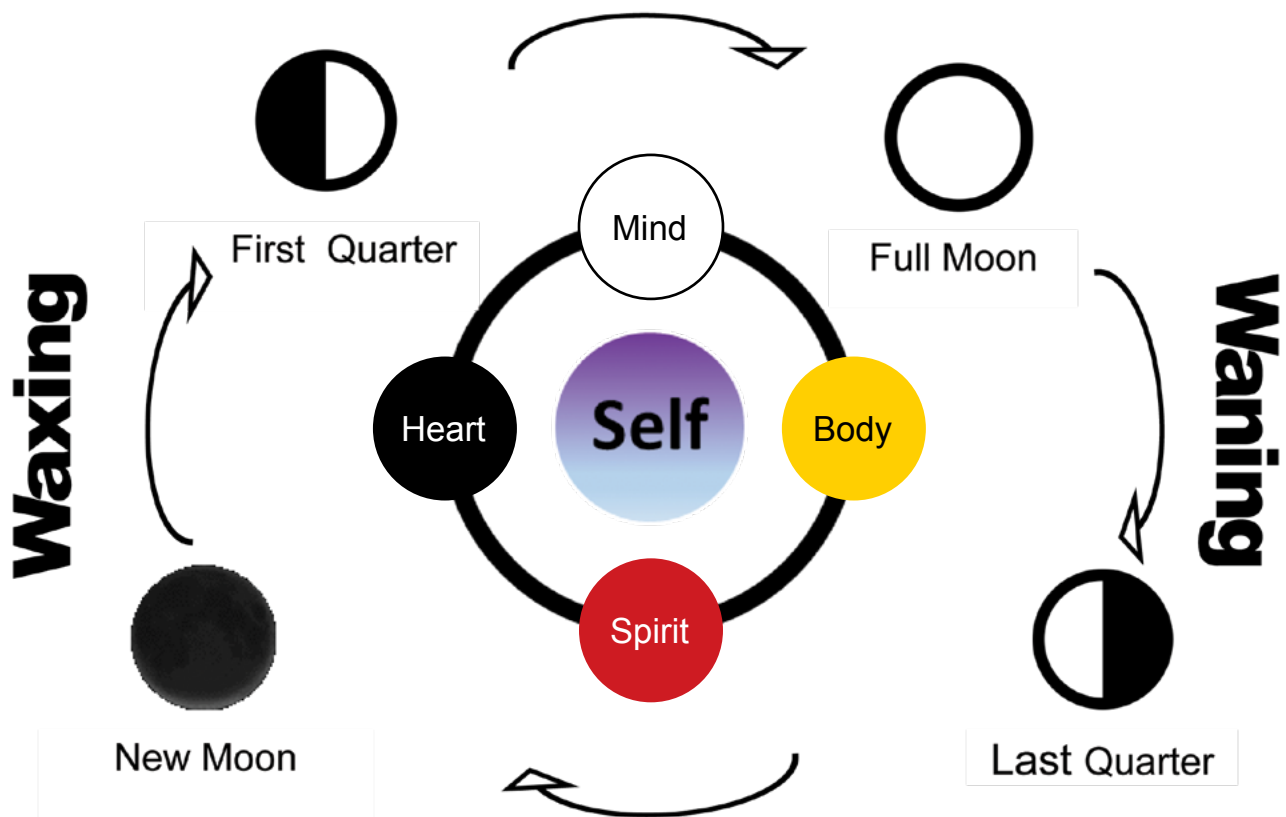
When did you last have any of these tests?		
Blood Sugar Testing	Dentist	Hearing Screening
Blood Pressure	Detailed Physical	Heart & Blood Work
Breast Screening	Eye Screening	Ketone Testing
Cholesterol and Lipid Screening	Foot Screening	Urine Kidney Test

# The Constant Change in All of Creation

by Grandmother Renée Thomas-Hill

Holistic Understanding and Universal Knowledge

## Sky World



Traditional Knowledge and Teachings



# Our Lifestyles Should Reflect the Natural World

There is a time to:



## Rest: The Importance of Sleep

One of the most important benefits of sleep is that it aids in good stress management. If you have ever had minimal sleep and tried to cope with everyday life, you have probably found it difficult. Sleep is a time when mind and body rest and renew. You expend energy throughout the course of a day in your functions and activities, so naturally we need to recuperate and refuel.



Sleep is necessary to				
maintain critical body functions	restore energy	repair muscle tissue	allow the brain to process new information	perform well in everyday tasks

# Inspiration to Feed Your Spirit

We cannot finish what we never start.

We have been gifted with the breath of life, but how well we live is up to us.

Be not overly concerned with the destination, but with the rewarding daily journey of improving yourself in ways that feed healthy goodness to your body, mind and soul.

Working from the inside out builds a strong self-love that will be patient and gentle with any transformation that will follow.

**Mindfulness:** a state of being fully in the present moment, with acceptance and without judgment. Mindfulness is fully attending to what is happening, the space you are moving through, and what you are doing. Mindfulness is a daily practise but is often referred to as a form of meditation in itself.

**Meditation:** the process of giving your full attention to whatever object you have chosen as your point of focus, to train awareness and attentiveness. Examples of points of focus could be the path of your breath gently going in and out on the inhale and exhale, a positive affirmation, a candle flame, emptiness, etc. There are different types of meditation, but their aims are similar.

**Health is freedom.** Peace of mind is true liberation.

No one but you can make your health the priority it needs to be.

When it comes to exercise, doing “**something**” is far better than doing nothing.

You cannot expand your capabilities or know your potential without gradually breaking boundaries you have subconsciously set for yourself.

**You are what you eat.** Eating healthy foods that have life and spirit will give you vibrant energy and greatly expand your health and wellness.

Embrace the present moment. **Be Here Now.**

Eat well. Sleep restfully. Move freely. Awaken. **Be.**

## Borrowed Quotes

If you don't have time to do it right, will you have time to do it over?

Your entire universe is in your mind and nowhere else. To expand your universe, expand your mind.

The body achieves what the mind believes.

Take care of your body. It is where you live.

*I don't have time* is the grown up version of *the dog ate my homework*.

**Fitness is 100% mental.** Your body won't go where your mind doesn't push it.



# Meditation & Positive Affirmations

Meditation is also a key component of a classical Hatha Yoga practise. Poses, with their attention to body alignment and posture, are intended to prepare the body for meditation. If you are interested in meditating, it is helpful to first practise simple mindfulness in everyday life tasks to cultivate present moment awareness. This will gradually train the mind for meditation, which is basically longer periods of focus or concentration. There are many books and websites dedicated to mindfulness and meditation.

You can meditate in silence, focusing only on the path of your breath as you inhale and exhale. Meditation allows us to access the “free and unused spaces” of our mind that exist between conscious thoughts so that we may realize new potential and limitless opportunities not yet considered or imagined. There are many techniques used for meditation and you can explore further on your own.

Positive affirmations are powerful. Use them during meditation if you wish, by positively affirming an idea in your mind to “Be” and setting your mind for actually manifesting and realizing positive change. Any one of the following affirmations can be used in meditation by silently repeating the statement in your mind on the inhale, then exhaling slowly, and repeating this cycle, as desired. Meditate for as long as you wish, from a few minutes, to 10 or 15 minutes, to possibly a whole hour in one sitting. You may also meditate several times per day for short time frames, perhaps five minutes each time. As you learn more about meditation and become more experienced in practising, you will make adjustments.

## Menu of Positive Affirmations

- I am loving.
- I am love.
- I am kind.
- I am compassionate.
- I am beautiful.
- I am capable.
- I am healthy.
- I am calm.
- I am at peace.
- I have great purpose.
- I am restful. I am at one with the universe.
- I welcome and connect with my highest self.
- I send prayers of love and peace to all.
- I trust my inner knowing.
- I am a gift from Creator and I will treat my body, mind and spirit with care.
- I am a source through which tremendous universal energy flows and manifests in response to my thoughts.
- I choose my thoughts wisely because they form my intentions.
- I am powerful.

# Goal Setting for Cultivating Inner Peace

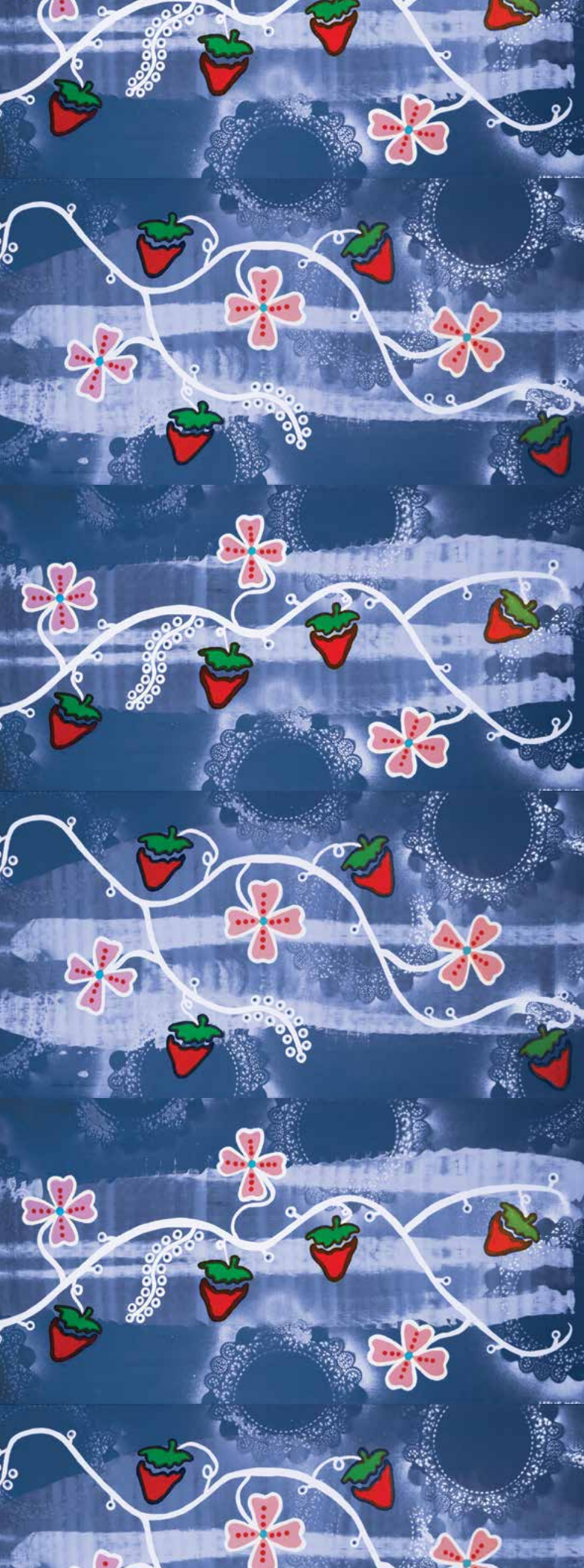
You likely have a good idea of what you want to work on in order to reduce stress and cultivate a sense of inner peace for long-term wellness.

Remember that long term (chronic) stress can be harmful to our health and wellness.

Think of three specific goals you would like to achieve and indicate three simple action steps you will use to help you achieve those goals. Be realistic in order to allow yourself the time to adjust and be successful.

On a confidence scale of one to 10, 10 being “very confident,” give yourself a confidence rating with each goal. Your confidence level should be at least a seven. If it is below seven, you may need to slightly modify your goal so that it is more attainable.

<b>Goal 1</b>
Action Step 1:
Action Step 2:
Action Step 3:
<b>Goal 2</b>
Action Step 1:
Action Step 2:
Action Step 3:
<b>Goal 3</b>
Action Step 1:
Action Step 2:
Action Step 3:



# **30-Day Wellness Log**

## **Map Your Wellness Journey**



Wellness Log		Cardiorespiratory Activity									
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		Intensity Level: 1    2    3    4    5    6    7    8    9    10									
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Breakfast	Snack	Lunch	Snack	Dinner	Snack						
Reflective Journaling											
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Positive affirmation of the day:											

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## Wellness Log

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Duration:

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Mindful Eating & Water Intake Tracker

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Mindful Eating & Water Intake Tracker

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[illegible]

Mindful Eating & Water Intake Tracker

Breakfast	Snack	Lunch	Snack	Dinner	Snack

## Reflective Journaling

How am I feeling mentally? emotionally? spiritually? physically?

My plans for inner peace today:

Positive affirmation of the day:

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Mindful Eating & Water Intake Tracker											
Aim for 11 cups per day, and more when highly active, ill, breastfeeding, or during very hot weather											
Breakfast	Snack	Lunch	Snack	Dinner	Snack						
Reflective Journaling											
How am I feeling mentally? emotionally? spiritually? physically?											
My plans for inner peace today:											
Positive affirmation of the day:											

Wellness Log		Cardiorespiratory Activity									
Date:		Activity:									
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		Duration:									
Strength Exercise		Set 1		Set 2		Set 3					
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# Acknowledgments & Disclaimer

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## Sources

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## Disclaimer

All information in this resource has been compiled by Indigenous Diabetes Health Circle (IDHC) and has been developed with the intention of providing a tool for community members to utilize on their journey to wellness. The information provided by IDHC in this resource is for informational purposes only. Information provided is not medical or professional advice. IDHC makes no representation or warranty, express or implied, regarding the adequacy, validity, or completeness of any information. The information is for educational purposes and is not intended to diagnose, treat, cure, or prevent any diseases. Statements have not been evaluated by Health Canada and are not intended to be a substitute for medical or professional advice. IDHC shall incur no liability as a result of use of the information. Consult your doctor or health-care professional before pursuing any diet or exercise regime. IDHC recommends that you consult your doctor or health-care professional before pursuing any diet or exercise regime.

Indigenous Diabetes Health Circle (IDHC) is a non-profit organization that is funded by the Ontario Ministry of Health and Long-Term Care. IDHC provides the development and enhancement of culturally appropriate programs and services with a focus on healthy living education and diabetes wellness through diabetes education, prevention, and management in Indigenous communities, both on- and off-reserve.

Visit [www.idhc.life](http://www.idhc.life) for regional Diabetes Wellness Worker contact information and for access to other IDHC resources.

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