

# ON THE MOVE

JANUARY 2019

701.845.8518 | [www.barnesonthemove.org](http://www.barnesonthemove.org)

## Healthy Habits Can Lengthen Life

Have you heard the advice to exercise, choose a healthy diet, keep a lean weight, never smoke, and limit alcohol?

Researchers wanted to find out whether people who follow this advice live longer than those who don't. So, they compared lifespan and other data from thousands of adults with all five of these healthy habits to those without.

*"...the study underscores the importance of following healthy lifestyle habits for improving longevity..."*

People in the healthy habits group got at least 30 minutes of exercise each day. They ate the recommended amounts of fruits, vegetables, nuts, whole grains, and healthy fats. And they limited salt, sugary drinks, trans fat, and red and processed meats. They also limited alcohol. Women had no more than one drink each day and men no more than two drinks. They also maintained a normal weight and didn't smoke.

The people in the other group didn't exercise, have a healthy diet, or limit drinking. They smoked and were overweight. Based on the results, the researchers estimated that a 50-year-old woman who had all five habits would live, on average, to age 93. In contrast, if she didn't have any of these habits, she would live on average to age 79.



*How can you change things around you to support your goals?*

For a 50-year-old man, the average lifespan was about 88 years old with healthy behaviors and only 76 years without.

"This study underscores the importance of following healthy lifestyle habits for improving longevity in the U.S. population," says Dr. Frank B. Hu of Harvard T.H. Chan School of Public Health, senior author of the study.

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<https://newsinhealth.nih.gov>

## JOIN US IN JANUARY AT GAUKLER WELLNESS CENTER

Don't miss the Intro Series in January at Gaukler Wellness Center. The series includes classes such as Aqua Fit, Foam Rolling, Revolution, Senior Fit, Body Power, Cycling and a High Intensity Interval Class. **Must register for classes in the series by calling 845-3294 or visiting [vcparks.com](http://vcparks.com).**

**FREEBIE FRIDAYS:** activities ALL DAY for FREE. **WALK IT WEDNESDAYS:** free use of the indoor walking track, all day; 11 laps = 1 mile.

# IT'S TIME TO GET MOVING!

JANUARY 2019



## TOOLS FOR CAREGIVERS — JAN 8 - APRIL 2 —

***Providing care for a loved one at home or in a care facility? Whether down the block or miles away, yours is an important role.***

***This course is for you.***

**WHERE:** CCHD, 415 2nd Ave NE, Valley City

**CONTACT:** City-County Health 845-8518

**Session 1:** Tuesdays, Jan 8-Feb 12, 9-10:30a

**Session 2:** Tuesdays, Feb 26-Apr 2, 1:30-3:00p

## DIABETES EMPOWERMENT EDUCATION PROGRAM

— JAN 8 - FEB 12 —

**FREE!** Held @ City-County Health District  
**ON THE MOVE** is offering these classes for  
**FREE** to help you manage diabetes.

**TUESDAYS** 10-11:30a at CCHD  
415 2nd AVE NE, Valley City  
**JANUARY 8 - FEBRUARY 12, 2019**

**Space is limited. Registration is required.**  
**CALL 845-8518 TO JOIN!**

## FROM OUR KITCHEN

### Broccoli Cauliflower Coleslaw

#### Ingredients:

3 cups shredded cabbage  
1 ½ cups shredded carrots  
1 cup chopped red onion  
2 cups fresh cauliflower florets  
2 cups fresh broccoli florets

#### Dressing:

½ cup fat-free mayonnaise  
¼ cup packed brown sugar  
3 Tbsp. lemon juice  
2 Tbsp. canola oil  
1 tsp. prepared mustard  
1/8 tsp. Worcestershire sauce

#### Directions:

In a large bowl, combine the cabbage, carrots, onion, cauliflower and broccoli. In a small bowl, whisk the dressing ingredients. Add to coleslaw and toss to coat. Cover and refrigerate for at least 30 minutes before serving. Serves 10.



**Nutrition Information:** 83 cals, 3 g fat, trace sat. fat, 126 mg sodium



## NUTRITION CLASSES

### Popular Diets: Healthful or Not-so-Healthful?

Weds, Jan 16 2:00p @ Legacy Place  
**Cost:** FREE of charge

### Coffee: is it good for you?

Thurs, Jan 17 7p @ BC Museum  
**Cost:** FREE of charge

### Concept Cooking: Salads

Thurs, Jan 24 5:00p @ GWC Party Room  
**Cost:** \$5.00

Space is limited. Please register!  
**Registration:** 845-3294 or vcparks.com

**Thank You!** These area businesses invest in the health of their employees by sponsoring OTM memberships!

APOC, Barnes County, Barnes County Senior Citizens, Bridge City Dentistry, VCSU, CHI Mercy Health, Dacotah Bank, Open Door Center, City-County Health District, St. Catherine School, Quilted Ceiling

## WEIGH 2 CHANGE DIABETES PREVENTION PROGRAM — BEGINS JAN 8 —

**FREE for OTM members or \$25.00**

**Begins January 8, 2019**

**TUESDAYS** 12-1p at CCHD  
415 2nd AVE NE, Valley City

**24 sessions:** 16 weekly meetings, followed by 6-8 monthly sessions

**Space is limited. Registration is required.**  
**CALL 845-8518 TO JOIN!**