

FFIT News Flambeau Fitness Incentive Team

Walk the Reclaimed Flambeau Mine Nature Trails!



Happy Thanksgiving!!!

Top 10 Walking with Diabetes Tips

- 1) Get in the Walking Habit**
Make exercise a regular part of your life. Experts agree that diabetics should exercise several days a week.
- 2) Choose the Right Shoes**
Taking care of your feet and preventing blisters is very important for diabetics, as the disease slows wound healing. Properly fitted athletic shoes will help prevent blisters and other injuries, such as plantar fasciitis.
- 3) Socks are important**
Socks are also a critical defense against blisters. Toss out your cotton socks- they retain sweat and can cause blisters.
- 4) Check Your Blood Sugar Levels**
Check your blood sugar levels before and after walking. When out on a long walk, it is wise to check your blood sugar levels at regular

- intervals, especially if you are new to walking.
- 5) When to Walk**
The best time for walking is 1-2 hours after a meal, when your insulin and blood sugar levels have settled down.
- 6) Your Insulin Dosage May Change**
Your insulin requirements will change with exercise. When starting a walking program or increasing your amount of exercise, consult with your physician regularly on how to adjust your medications.
- 7) Drink**
Drink plenty of water to prevent dehydration.
- 8) Eating and Walking**
Carry along a snack to use when you or your walking partner detects signs of low blood sugar. After walking, you may need to eat more carbohydrates than usual to prevent delayed

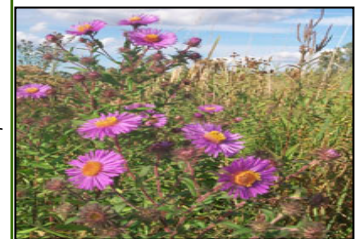
- hypoglycemia.
- 9) Know the Signs of Hypoglycemia**
When walking, stay aware of your body and how you are feeling. It can be difficult to tell whether you are sweating from exertion or hypoglycemia.
- 10) Buddy Up and Wear an Alert Bracelet**
Walking with someone helps keep you more regular in your exercise. Wear a medical ID bracelet that lists your diabetes. That is critical in a medical emergency.



FFIT Guidelines

Keep in mind when filling out your walking journals that only hours walked after becoming a member of FFIT can be counted for your incentive gifts.

Any questions or concerns please feel free to contact us.



New England Asters of the Reclaimed Flambeau Mine

As summer turns to fall, the prairies of the Reclaimed Flambeau Mine are colored with the purple flowers of New England Aster. The flower of the New England Aster tends to be a deeper color and have more rays than other asters- usually more than 40 in all- often with a reddish cast. Although their size can range widely, flower heads tend to be about one inch to two inches wide, with bright yellow disk flowers encircled by the extending rays.

Vegetable Lasagna

Published by the American Diabetic Association

- Sliced Carrot 1 c
- Sliced Zucchini 1 c
- Diced Red Pepper 1/2 c
- Chopped Spinach 1 c
- Low-fat Cottage Cheese 1 c
- Part-skim Ricotta Cheese 1/2 cup
- Egg Substitute 2 ea
- Minced Fresh Basil 1 tsp.
- Minced Fresh Oregano 1 tsp.
- Fresh ground pepper to taste 1 ea
- Low-fat, low-sodium marinara sauce 2 c
- Uncooked lasagna noodles 9 ea

To prepare the vegetables, steam the carrots over boiling water for 2 minutes. Add the zucchini and steam for 2 more minutes. Add the red pepper and steam 2 more minutes. Add the spinach and steam 1 more minute. Remove the vegetables from the heat. Combine all remaining ingredients except the marinara sauce and lasagna noodles.

To assemble the lasagna, place a little sauce on the bottom of a casserole dish.

Place 3 noodles on top of the sauce. Add a layer of vegetables and cover with a layer of cheese mixture. Add some sauce. Repeat. Add the last layer of noodles and top with some sauce. Refrigerate overnight. The next day, preheat the oven to 350 degrees. Bake the lasagna for 40 minutes until bubbly. Let stand 10 minutes prior to serving. Cut into squares and serve.

Flambeau Mining Co.

N4100 Hwy 27

Ladysmith, WI 54848

715-532-6690 ext. 101

Email:

ffit@flambeaumine.com

www.flambeaumine.com

Should You Walk When You Are Sick?

Above-the-Neck Rule

If your symptoms are all above the neck (runny nose, etc.), you are safe to walk at an easy to moderate pace. Walk 10 minutes at an easy pace. If you feel OK, continue. If you don't stop and just do stretching and flexibility exercises. These can make you feel better in general.

Below-the-Neck Rule

If you have symptoms below the neck such as a hacking cough, diarrhea, swollen lymph glands - don't exercise.

If You Have A Fever

If you have a fever, chills, body aches or upset stomach, do not exercise.

Don't Share

Be a good sport- don't share your cold.

Avoid groups of people. Don't sneeze on your walking partner. Wash your hands often when you have a cold and must share your space with others.

When to Get Back to Walking

After a bad cold, give yourself 3-4 days to get back up to full speed. Ease back into it with shorter walks at slow speed and keep up your stretching and flexibility exercises. After a bout of the flu or other infections, give yourself at least a week to recover.

When It Hurts?

We all get aches and pains- how do you know if it means you should stop walking, or if you need to keep going?

Exercise, but proceed with caution if:

Sore and aching muscles.

You have discussed it with your doctor and he/she has approved your continuing to exercise.

Stop exercising and see your doctor if:

Swollen joints, red and warm.

Exercise makes your pain worsen.

Fever.

Pain that makes you limp or hurts when you put weight on it.

A joint feels unstable or locks.



Rethinking the Thanksgiving Feast



To rethink Thanksgiving, try to low carb your favorites. There are numerous cookbooks out there to help along with your own creative cooking abilities.

You can also create new traditions at the holidays. Consider these:

Green bean casserole- forgo the cream of mushroom soup. Find another solution like low fat sour cream or even yogurt.

Green Salad- introduce a fresh green salad to your dinner.

Sweet potato pie- Try a sugar substitute and don't use marshmallows.

Gravy- make a low carb gravy using soy flour.

Mashed potatoes- substitute cauliflower for the spuds and enjoy one of your missed favorites.

Rolls- A favorite you can still indulge in.

Vegetable plate- instead of black olives, try a fresh vegetable plate of carrots and celery.

Lasagna- try using the new low carb pasta, along with low fat ricotta and use a vegetable instead of meat.

With these options you will still enjoy a Thanksgiving feast but your blood glucose and body will thank you. You won't feel bloated, leaden and lacking in energy the day after.

But with any food option, it is your choice. You don't have to do them all, just try one or two.



Leaf it to Rusk Festival 2006

Flambeau Mining Company unveiled a photo exhibit of the Reclaimed Flambeau Mine at the September 23 "Leaf it to Rusk" event. The photos, which will be on display at the Youth & Community Center in Ladysmith, feature nature and wildlife at the reclaimed mine and were documented by award-winning Wisconsin nature photographer Jeff Miller. Following the unveiling, the framed series of images will be on display at the Rusk County Visitors Center through October and other various community locations in the coming months.

The goal of the photo exhibit is to bring some of the best of the Reclaimed Flambeau Mine to the community.



Photo by Jeff Miller



Photo by Jeff Miller

In addition to viewing the photo exhibit, residents were also able to participate in a "Scavenger Hunt for Information" and horseback rides as part of the community "Leaf it to Rusk" event.