

Kanaweyimik's Counselling Corner



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The Kanaweyimik Communicator

Good day everyone! Happy 2013. Most people make a New Years Resolution and one of the most common ones made is to lose weight. Health Canada provides the following guidelines for weight classification. This system provides a process for categorizing health risk according to body weight, as measured by body mass index (BMI). Body mass index is defined as the individual's body mass divided by the square of his or her height (or if you go on the internet there are many sites and smart phone applications which will figure this out for you and there is a chart on page 4). You want this number to be between 18.5 %- 24.9% for optimal health and wellness. **Remember to always check with your doctor before starting an exercise program.**

In this issue I will talk more about the health risks of being over weight and suggest some ways to make changes to lead a healthier and happier life, after all it's a new year and time to make some changes.

There will be Change to The Healing Circle: As of January 3, 2013 we are going to have separate healing circles for men and women. They will be on the same day (Thursday) but at different times. Also as of January 3, 2013 we will no longer be offering lunch for the healing circle. We will have a male Elder for the men's circle and a female Elder for the women's circle.

Come On and Start Exercising!

We all have our excuses to not lead an active lifestyle. Being active is necessary to lead a healthy and happy life. It's time to stop resisting this and just accept it. The sooner you do, the faster you turn up your metabolism and achieve a more balanced body. Remember to be truly healthy we need to be balanced in our mind, body, emotions and spirit. Besides our bodies are meant to move. When you are not active or are forced to sit for 8+ hours/5 days a week, it goes against your natural way of life. Come on get moving. You will feel better and lead a happier more fulfilling life. Did you know exercise is a natural way of healing yourself? It's true. Try it out, you might like it.

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Women's Healing Circle
will be each Thursday
1 pm to 2pm

Men's Healing Circle
will be each Thursday
11am to 12pm

Did you know
anxiety can
lead to
obesity and
obesity can
effect anxiety

Think of food as fuel for your body.

After a meal you should feel energized. You should not have eaten so much that you now have to lie down. Think of food as fuel. When your car is full of gas do you continue to fill it with fuel? Probably not, so when you are full why do you keep eating. Ask yourself this question. There will be an answer to it and if you don't know the answer find someone who can help you. There are many, many reasons that people overeat some of them are stress, anxiety, irritation, frustration, boredom, habit, and simply because food is there. For some people they feel disgust or hatred for their body. Check if your focus is on the things which you feel are wrong with your body. One reason people are unable to overcome eating triggers is the inability to accept the body. Remember by focusing on what you don't like about yourself you are not doing yourself any good, rather you are making yourself feel bad. Stop. If this is you seek help. Talk to a mental health counsellor, a dietitian, or join a support group. You do not benefit yourself in any way by thinking negative thoughts about yourself and if you can't help doing it seek some help. Come on, this has been going on for how long now? You deserve to be happy so do something to make this happen.

Did you know that eating large amounts of fast food can actually change your brain? Just as you can develop a physiological and psychological dependence on cocaine, you can become dependent on sugar. Eating the right combination of fresh fruits and vegetables, whole grains, lean protein, and low-fat dairy will give your body the energy it needs, and help protect you from chronic diseases.

Food is sometimes used when we are feeling tired and symptoms of tiredness are mistaken for hunger. Be aware of this. Establish a good sleeping routine; the proper amount of time to sleep has been found to be between seven to eight hours so make sure you are getting your share. Also know your body, if you are sleeping in a room where light filters in you are probably not getting a good quality of sleep. Your brain is designed to be awake when there is light and asleep when it is dark. Get some good blinds or use a garbage bag to black out your bedroom window. You will sleep better, which will make you feel better and help with overall health and wellness.

Always remember to drink lots of water. There are a few benefits from drinking water. Water increases energy and helps you feel less tired. Since your brain is mostly water it helps you think, focus, concentrate and be more alert. Drinking water also helps with weight loss by removing by-products of fat, reduces eating intake, reduces hunger and, raises your metabolism. Water also flushes out toxins by getting rid of waste through sweat and urination which reduces the risk of kidney stones and UTI's (urinary tract infections). Water also helps with digestion as water is essential to digest your food and prevents constipation. Water is also a natural headache remedy it helps relieve and prevent headaches which are commonly caused by dehydration. Why take a pill when you could just drink a glass of water?

Information assessed at
www.mindbodygreen.com

Drinking one can of regular soda pop will add almost 16 pounds to your weight in one year. Stop drinking pop.

One Can of Soda per day
= 150 Calories x 365 days/year + 3500 cal/lb
= **15.6 lbs/year**

Your Brain Needs Water .Water makes up 40 to 70 % of a human's body weight depending on age, gender and body composition.

Easy and Fun Exercise Ideas.

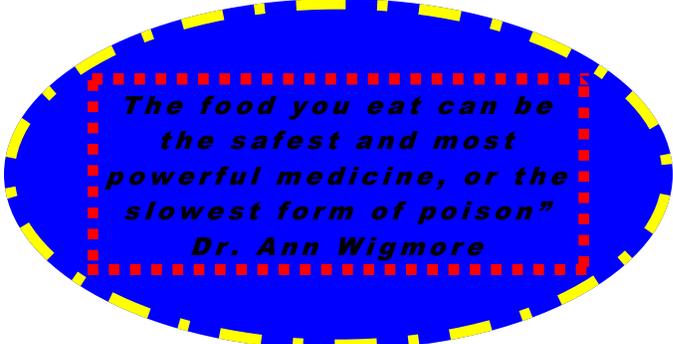
Are you the type of person who doesn't like to exercise? You're not alone! If your motivation is lacking, try some of these workout ideas. You never know you might just really like some of them. There are lots of them so one has to interest you!

1. Instead of driving walk to places that are in a reasonable distance for example walk to a friend or family member's house.
2. Think of exercise time as "me time" you can put on your favourite music and do push-ups, sit-ups, and jumping jacks in your house.
3. Try coming up with something you really want to do, like running a 5 kilometer road race, and figure out what you need to do to accomplish it and create a plan to do so.
4. If you have the internet there are many workouts listed online that you can follow. Just look them up on youtube.com or google.com.
5. Buy a work out DVD of your choice and use this DVD at least 3 times a week. Maybe create a competition with a friend for motivation.
6. Dance at a local pow-wow or round dance, if there are none happening practise dancing at home.
7. If you have stairs at your house go up and down the stairs for a period of time and try to increase this time. Set small goals for yourself.
8. For cardio, try skating, sports, playing with the kids, or walking with your best friend or your pet. Pets are great motivators to go for a walk.
9. For strength training, volunteer somewhere you have to lift things, play with the toddlers in your family they work well as free-weights while playing, kids of all ages also like to play tag and various other movement based games.
10. Different things work for different people, so try a bunch of things. Go to the library and see what they have in the way of fitness DVDs, or books. There are also a bunch of places on the internet you can download audio files of workouts to use while walking or doing stuff at home.

If none of the above interest you. Check these ones out. Just make sure you are moving for at least 30 minutes a day.

Home tasks that involve movement: vacuuming, scrubbing floors, cleaning the bathtub, washing windows, mopping, changing sheets, painting, moving furniture, raking, gardening, washing the car, mowing the lawn with a push mower, shoveling snow, sweeping the patio and walkways, heavy landscaping such as planting trees, shrubs and bushes etc.

Things to get you moving outside: cycling, hiking, snowshoeing, downhill skiing, cross-country skiing, water skiing, wakeboarding, rock climbing, jogging / running, power walking (brisk walking), rollerblading, paddling a canoe, swimming, water jogging/running, skateboarding and ice skating.



*The food you eat can be
the safest and most
powerful medicine, or the
slowest form of poison"*
Dr. Ann Wigmore

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**Please consider the environment before printing
this Newsletter. It can be accessed at
www.kanawayimik.com**

To receive services in this counselling program you must be a Band member of one of Kanawayimik's 5 member communities (Thunderchild, Saulteaux, Red Pheasant, Sweetgrass, Moosomin) and living on Reserve at the time of referral.



A Note from the Counselor

Making life changes is hard, so start small. People often try to lose weight by going on an extreme diet which is not practical and very difficult to follow. It is not about dieting it is about making life changes so that you can be healthy. People who are "skinny" can be just as unhealthy as people who are considered overweight. It is about making conscious choices about what you put into your body and knowing that the food you eat and beverages you consume will affect the way you feel. Remember most things in life require hard work. Things that are worth having require work and take dedication and time. Be patient and don't expect things to change overnight. You did not develop your habits overnight and they will not change overnight either. If you don't like to exercise, you need to find something that involves movement that you enjoy doing. If you want to change your eating habits start by changing one thing in your diet, for example, if you eat fast food a fair bit, cut the number in half and eventually make it as only a treat. You will save yourself a lot of money and you will feel better. If you are a coffee drinker substitute your cream for milk or your sugar for Stevia (The liquid form is much better tasting than the powdered form). If you can, always go natural. If you don't have your health what do you have? Think about it.

To estimate BMI, locate the point on the chart where height and weight intersect. Read the number on the dashed line closest to this point. For example, if you weigh 69 kg and are 173 cm tall, you have a BMI of approximately 23, which is in Normal Weight.

Graph Taken from http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart-graph_imc-eng.php

