

LIVING HEALTHIER



Carolinah HealthCare System



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

OCTOBER 2016

>> WELLNESS EVENTS

Grocery Store Nutrition Tour:

Harrisburg Harris Teeter

Address: 12190 University City Blvd., Harrisburg
Tuesday, Oct 11 at 10am *Sign up at the HB Membership Desk.

Concord Publix

Address: 5015 Weddington Rd NC, Concord
Thursday, Oct 13 at 7pm

*Sign up at communitywellness@carolinahhealthcare.org

Cooking Class: Hearty Lentil Soup

West Cabarrus YMCA | Oct 12 from 10-11:30am

>> ASK OUR EXPERTS

Stop by and see Erin Coggins, Registered Nurse and Alicia Knetsche, Registered Dietitian with Carolinas HealthCare System to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a FREE event.

MEET WITH THE RN

Harrisburg:
Oct 5 from 9-11am

Kannapolis:
Oct 17 from 9-11am

West Cabarrus:
Oct 27 from 9-10:30am

MEET WITH THE RD

West Cabarrus:
Oct 19 from 9-11am

Harrisburg:
Oct 25 from 5-7pm

Kannapolis:
Oct 27 from 9-11am

>> TRY SOMETHING NEW

This colorful side can be whipped up in less than 15 minutes and requires only 5 ingredients. Balsamic vinegar and a little brown sugar form a beautiful glaze that brings out the natural sweetness of carrots. This healthy vegetable contains the antioxidant beta-carotene (a plant form of vitamin A), as well as other beneficial carotenoids.

Balsamic Glazed Carrots

Ingredients:

- * 1 Tbsp. peanut or canola oil
- * 4 cups baby-cut carrots or 1/2-inch diagonally sliced carrots
- * 2 Tbsp. balsamic vinegar
- * 2 Tbsp. brown sugar
- * Salt and freshly ground black pepper to taste

Directions:

In large skillet, heat oil over medium-high heat. Add carrots. Sauté until carrots become tender crisp and start to brown slightly, about 11-12 minutes. Reduce heat to medium. Sprinkle vinegar and sugar over carrots, stirring to thoroughly coat carrots. Season to taste with salt and pepper. Remove from heat and serve warm.

Makes 6 Servings.

Per serving: 66 calories, 2g total fat (0g saturated fat), 11g carbohydrate, <1g protein, 1.5g dietary fiber, 64mg sodium.

<http://www.aicr.org/health-e-recipes/2015/her-587-balsamic-glazed-carrots.html>



>> BREAST CANCER AWARENESS

WHAT CAN I DO TO REDUCE MY RISK OF BREAST CANCER?

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways -

- * Keep a healthy weight.
- * Exercise regularly (at least four hours a week).
- * Research shows that lack of nighttime sleep can be a risk factor.
- * Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- * Avoid exposure to chemicals that can cause cancer (carcinogens) and chemicals that interfere with the normal function of the body.
- * Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- * If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- * Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk for getting breast cancer. Talk to your doctor about more ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

http://www.cdc.gov/cancer/breast/basic_info/prevention.htm



>> MEET YOUR NEW RD

ALICIA KNETSCHKE

Registered Dietitian Nutritionist, Certified Diabetes Educator, Licensed Dietitian/Nutritionist, Certified Personal Trainer
Carolinah HealthCare System, Sports Nutrition and Community Wellness

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Alicia has been a Registered and Licensed Dietitian for 18 years and a Certified Diabetes Educator for 10 years. She received her BS in Human Nutrition from Winthrop University and completed her Dietetic Internship at Winthrop as well. She has worked in community wellness and chronic disease management for most of her career. She has been with Carolinas HealthCare System for 13 years. Before joining the staff at the Cannon Memorial YMCAs, she worked at the Johnston and Simmons YMCA Wellness Centers in Charlotte. Since Cabarrus County is her home, she is very excited to be working in her own community. Her love for food and cooking drew her to a career in nutrition as she believes eating should be pleasurable and healthy at the same time. She has a passion for fitness and has been an avid weight lifter for 20 years. Fitness is such an interest that she recently became a Certified Personal Trainer through ACSM. She is usually at the West Cabarrus Y on Monday, Wednesday and Friday; Kannapolis Y every other Tuesday and every Thursday; and Harrisburg Y every other Tuesday. Please feel free to stop in and see her. She is happy to answer your nutrition questions and help you with your healthy lifestyle goals. Be on the lookout for upcoming cooking classes and seminars!

Kannapolis YMCA

West Cabarrus YMCA

Harrisburg YMCA