



NAD Newsletter

VOLUME 38 NO. 04

APRIL 2020

BENEFITS OF EXERCISE AND PHYSICAL ACTIVITY

Aerobic Exercise Benefits

Aerobic training increases mitochondrial density, insulin sensitivity, oxidative enzymes, compliance and reactivity of blood vessels, lung function, immune function, and cardiac output. Moderate to high volumes of aerobic activity are associated with substantially lower cardiovascular and overall mortality risks in both type 1 and type 2 diabetes. In type 1 diabetes, aerobic training increases cardiorespiratory fitness, decreases insulin resistance, and improves lipid levels and endothelial function. In individuals with type 2 diabetes, regular training reduces A1C, triglycerides, blood pressure, and insulin resistance. Tentatively, high-intensity interval training (HIIT) promotes rapid enhancement of skeletal muscle oxidative capacity, insulin sensitivity, and glycemic control in adults with type 2 diabetes and can be performed without deterioration in glycemic control in type 1 diabetes.

Resistance Exercise Benefits

Diabetes is an independent risk factor for low muscular strength and accelerated decline in muscle strength and functional status. The health benefits of resistance training for all adults include improvements in muscle mass, body composition, strength, physical function, mental health, bone mineral density, insulin sensitivity, blood pressure, lipid profiles, and cardiovascular health. The effect of resistance exercise on glycemic control in type 1 diabetes is unclear. However, resistance exercise can assist in minimizing risk of exercise-induced hypoglycemia in type 1 diabetes. When resistance and aerobic exercise are undertaken in one exercise session, performing resistance exercise first results in less hypoglycemia than when aerobic exercise is performed first. Resistance training benefits for individuals with type 2 diabetes include improvements in glycemic control, insulin resistance, fat mass, blood pressure, strength, and lean body mass

Benefits of Other Types of Physical Activity

Flexibility and balance exercises are likely important for older adults with diabetes. Limited joint mobility is frequently present, resulting in part from the formation of advanced glycation end products, which accumulate during normal aging and are accelerated by hyperglycemia. Stretching increases range of motion around joints and flexibility but does not affect glycemic control. Balance training can reduce falls risk by improving balance and gait, even when peripheral neuropathy is present. Group exercise interventions (resistance and balance training, tai chi classes) may reduce falls by 28%–29%. The benefits of alternative training like yoga and tai chi are less established, although yoga may promote improvement in glycemic control, lipid levels, and body composition in adults with type 2 diabetes. Tai chi training may improve glycemic control, balance, neuropathic symptoms, and some dimensions of quality of life in adults with diabetes and neuropathy, although high-quality studies on this training are lacking.

<https://care.diabetesjournals.org/content/39/11/2065>

Chicken Lettuce Wraps

INGREDIENTS

- green onion (scallion) (thinly sliced)
 - 2
- julienne or matchstick carrots
 - 6 tsp
- Asian peanut sauce
 - 6 tsp
- grilled chicken (finely chopped)
 - 6 oz
- large lettuce leaves (Boston or Bib lettuce work well)
 - 6



Nutrition Facts

Total Fat 2.5g
Saturated Fat 0.5g
Trans Fat 0.5g
Cholesterol 25mg
Sodium 95mg
Total Carbohydrate 2g
Dietary Fiber 0g
Total Sugars 1g
Protein 9g
Potassium 130mg
Phosphorus 65mg

DIRECTIONS

1. Place all ingredients in separate bowls
2. Begin by laying a piece of lettuce on a plate. Top with chicken, peanut sauce, carrots, and scallions. Roll to enclose filling

These low-carb little wraps are quick and simple—but they don't taste it or look it! They're also a perfect diabetes-friendly lunch option, especially if you have a little leftover grilled or roasted chicken, such as our tasty [Roasted Chicken Breasts](#). Having a party? No one needs to know these are super healthy. In fact, focus on the fun and let your guests assemble their own lettuce wraps!

ORIENTATION SCHEDULE FOR SAIPAN

Orientation begins at **8:00** a.m. on the following dates.

| | |
|----------|---------|
| 04/06/20 | MONDAY |
| 04/07/20 | TUESDAY |
| 04/13/20 | MONDAY |
| 04/14/20 | TUESDAY |
| 04/20/20 | MONDAY |
| 04/21/20 | TUESDAY |
| 04/27/20 | MONDAY |
| 04/28/20 | TUESDAY |

NAP CONTACT NOS.

| | |
|---|------------------------------------|
| Administration | 237-2842 237-2843 |
| FAX | 664-2850 |
| Accounting | 237-2851-3 |
| Benefit Issuance & Claims Accountability Unit | 237-2812-15 237-2860-64 |
| Retail & Redemption Unit | 237-2821-3 |
| Certification Unit | 237-2801-6 237-2870-4 |
| FAX | 664-2851 |
| Management Evaluation Unit | 237-2831-7 483-2021 483-2020 |
| Tinian Office | 433-9330 |
| Rota Office | 532-9354 |

BENEFIT ISSUANCE SCHEDULE FOR SAIPAN

NAP coupons will be issued at the JTV Building in As Lito from 8 a.m. to 3:00 p.m. daily except on Holidays, and Weekends
Subject to change in case of Emergency

APRIL 2020

| | | |
|--------------|--|--------------------------------|
| APR 01, 2020 | | Case Record ID ending with '1' |
| APR 02, 2020 | | Case Record ID ending with '2' |
| APR 03, 2020 | | Case Record ID ending with '3' |
| APR 06, 2020 | | Case Record ID ending with '4' |
| APR 07, 2020 | | Case Record ID ending with '5' |
| APR 08, 2020 | | Case Record ID ending with '6' |
| APR 09, 2020 | | Case Record ID ending with '7' |
| APR 13, 2020 | | Case Record ID ending with '8' |
| APR 14, 2020 | | Case Record ID ending with '9' |
| APR 15, 2020 | | Case Record ID ending with '0' |

MAY 2020

| | | |
|--------------|--|--------------------------------|
| MAY 01, 2020 | | Case Record ID ending with '1' |
| MAY 04, 2020 | | Case Record ID ending with '2' |
| MAY 05, 2020 | | Case Record ID ending with '3' |
| MAY 06, 2020 | | Case Record ID ending with '4' |
| MAY 07, 2020 | | Case Record ID ending with '5' |
| MAY 08, 2020 | | Case Record ID ending with '6' |
| MAY 11, 2020 | | Case Record ID ending with '7' |
| MAY 12, 2020 | | Case Record ID ending with '8' |
| MAY 13, 2020 | | Case Record ID ending with '9' |
| MAY 14, 2020 | | Case Record ID ending with '0' |

BENEFIT AND RECERTIFICATION SCHEDULE FOR TINIAN AND ROTA

| TINIAN | | ROTA | |
|----------|-----------|----------|----------|
| 04/29/20 | WEDNESDAY | 04/30/20 | THURSDAY |
| 05/27/20 | WEDNESDAY | 05/28/20 | THURSDAY |

Directions:

1. SLICE onion. SET aside.
2. CRUSH garlic. SET aside.
3. SLICE pork OR chicken into thin strips.
4. For seasoning, MINCE ginger. In a small bowl, COMBINE seasonings and SET aside. Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasonings. MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well

CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- ¾ - 1 pound pork OR chicken
- 2 (9-ounce) packages chop suey mix
- Seasoning:
 - 1 tablespoon ginger
 - 2 tablespoons soy sauce
 - ½ teaspoon sugar
- Optional: ½ teaspoon salt
- Gravy:
 - 1 tablespoon cornstarch
 - 1 cup broth
 - 1 tablespoon soy sauce
 - ½ teaspoon sugar

NUTRITION FACTS

Serving Size 1 CUP (229 g)
Serving Per Container 8

Calories 210
Calories from Fat 70

| | | |
|--------------------|-------|-----|
| Total Fat | 8g | 12% |
| Saturated Fat | 2.5g | 13% |
| Trans Fat | 0g | 0% |
| Cholesterol | 55% | 18% |
| Sodium | 780mg | 33% |
| Total Carbohydrate | 15g | 5% |
| Dietary Fiber | 3g | 12% |
| Sugar | 9g | |
| Protein | 22g | |



You can purchase Fruits and Veggies with your NAP coupons at the following Authorized Retailers

1. COOL MART – SOI-IN CORPORATION
2. I MART – K.S. CHANG CORPORATION
3. LAO MARKET-HUI HUANG SAIPAN, INC
4. 3 KINGS MARKET TOO
5. NEW PUBLIX MARKET

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