



NAD Newsletter

VOLUME 38 NO. 02

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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. Alternatively, 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.

Kid-Friendly Meatballs

INGREDIENTS

- **Ketchup** 1/2 cup
- **balsamic vinegar** 3 tbsp
- **ground turkey** (93% lean) 1 lbs
- **zucchini** (grated) 1/2
- **carrot(s)** (grated) 1
- **onion(s)** (grated) 1/2
- **garlic** (minced) 1 clove
- **chili powder** 2 tsp
- **black pepper** 1/4 tsp
- **salt** (optional) 1/4 tsp
- **egg(s)** (slightly beaten) 1
- **old-fashioned rolled oats** 1/2 cup
- **Parmesan cheese** 3 tbsp



Nutrition Facts

11 Servings

Serving Size 2 Meatballs

- **Total Fat** 4.5g
Saturated Fat 1.5g
- **Cholesterol** 50mg
- **Sodium** 190mg
- **Total Carbohydrate** 8g
Dietary Fiber 1g
Total Sugars 4g
- **Protein** 10g
- **Potassium** 220mg

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a small bowl, whisk together the ketchup and vinegar for the sauce.
3. In a medium bowl, mix together remaining ingredients for the meatballs. Shape into 1-inch balls.
4. Place meatballs on a baking sheet and top evenly with sauce (1 1/2 Tsp. per meatball).
5. Bake for 45 minutes or until done.

• Prep time **20 min** Cook time **45 min** Servings **11 Servings**

ORIENTATION SCHEDULE FOR SAIPAN

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

- 02/03/20 MONDAY
- 02/04/20 TUESDAY
- 02/10/20 MONDAY
- 02/11/20 TUESDAY
- 02/18/20 TUESDAY
- 02/24/20 MONDAY
- 02/25/20 TUESDAY

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- Benefit Issuance & Claims Account-ability Unit 237-2812-15
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- Management Evaluation Unit 237-2831-7
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- 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

February 2020

Feb. 03, 2020	MON	Case Record ID ending with '1'
Feb. 04, 2020	TUE	Case Record ID ending with '2'
Feb. 05, 2020	WED	Case Record ID ending with '3'
Feb. 06, 2020	THU	Case Record ID ending with '4'
Feb. 07, 2020	FRI	Case Record ID ending with '5'
Feb. 10, 2020	MON	Case Record ID ending with '6'
Feb. 11, 2020	TUE	Case Record ID ending with '7'
Feb. 12, 2020	WED	Case Record ID ending with '8'
Feb. 13, 2020	THU	Case Record ID ending with '9'
Feb. 14, 2020	FRI	Case Record ID ending with '0'

March 2020

Mar 02, 2020	MON	Case Record ID ending with '1'
Mar 03, 2020	TUE	Case Record ID ending with '2'
Mar 04, 2020	WED	Case Record ID ending with '3'
Mar 05, 2020	THU	Case Record ID ending with '4'
Mar 06, 2020	FRI	Case Record ID ending with '5'
Mar 09, 2020	MON	Case Record ID ending with '6'
Mar 10, 2020	TUE	Case Record ID ending with '7'
Mar 11, 2020	WED	Case Record ID ending with '8'
Mar 12, 2020	THU	Case Record ID ending with '9'
Mar 13, 2020	FRI	Case Record ID ending with '0'

BENEFIT AND RECERTIFICATION SCHEDULE FOR TINIAN AND ROTA

TINIAN		ROTA	
02/27/20	Thursday	02/28/20	Friday
03/30/20	Monday	03/31/20	Tuesday

OYSTER CHICKEN WITH BROCCOLI

Directions:

1. CLEAN and CUT broccoli into bite-sized pieces. SET aside.
2. DICE onion. SET aside.
3. MINCE garlic and ginger. SET aside.
4. CUT chicken into bite-sized pieces.
5. In a large pot, FRY chicken for 2-3 minutes. STIR.
6. ADD garlic and ginger.
7. ADD broccoli, onion, and oyster sauce. MIX well.
8. MIX and SIMMER for about 5 minutes.
9. ADD salt and pepper. MIX.
10. COOK until broccoli is almost done.
11. In a small bowl, MIX thickening ingredients and ADD to mixture.
12. STIR FRY until broccoli is

Nutrition Facts

Serving Size 1 cup (285g)
 Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 60

% Daily Value*

Total Fat 6g	9 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 115mg	39 %
Sodium 360mg	16 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3g	12 %
Sugars 3g	
Protein 31g	

Vitamin A 20% Vitamin C 170%
 Calcium 8% Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

Number of servings: 8

Ingredients:

- 2 pounds broccoli
 - 1 small round onion
 - 1 clove garlic
 - 1 thumb size piece ginger
 - 2 ½ pounds chicken thighs
 - 2-3 tablespoons oyster sauce
 - salt and pepper to taste
- Thickening:**
- 2 tablespoons cornstarch
 - ¼ cup water



Variations:

Other fresh or frozen vegetables may be used.
 Other meats may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES

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

1. NEW XO MARKET-LONG FENG CORP
2. GREEN LEAVES STORE
3. AQUA WATER/C&F CORP
4. DBM FISH MART
5. SUNSHINE VARIETY SHOP

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 Northern Marianas
 College-CREES**