

WELCOME TO

*Ladies
Night Out*

ARE YOU READY TO GET YOUR HEALTHY ON?

TONIGHT'S EVENT IS
BROUGHT TO YOU BY:



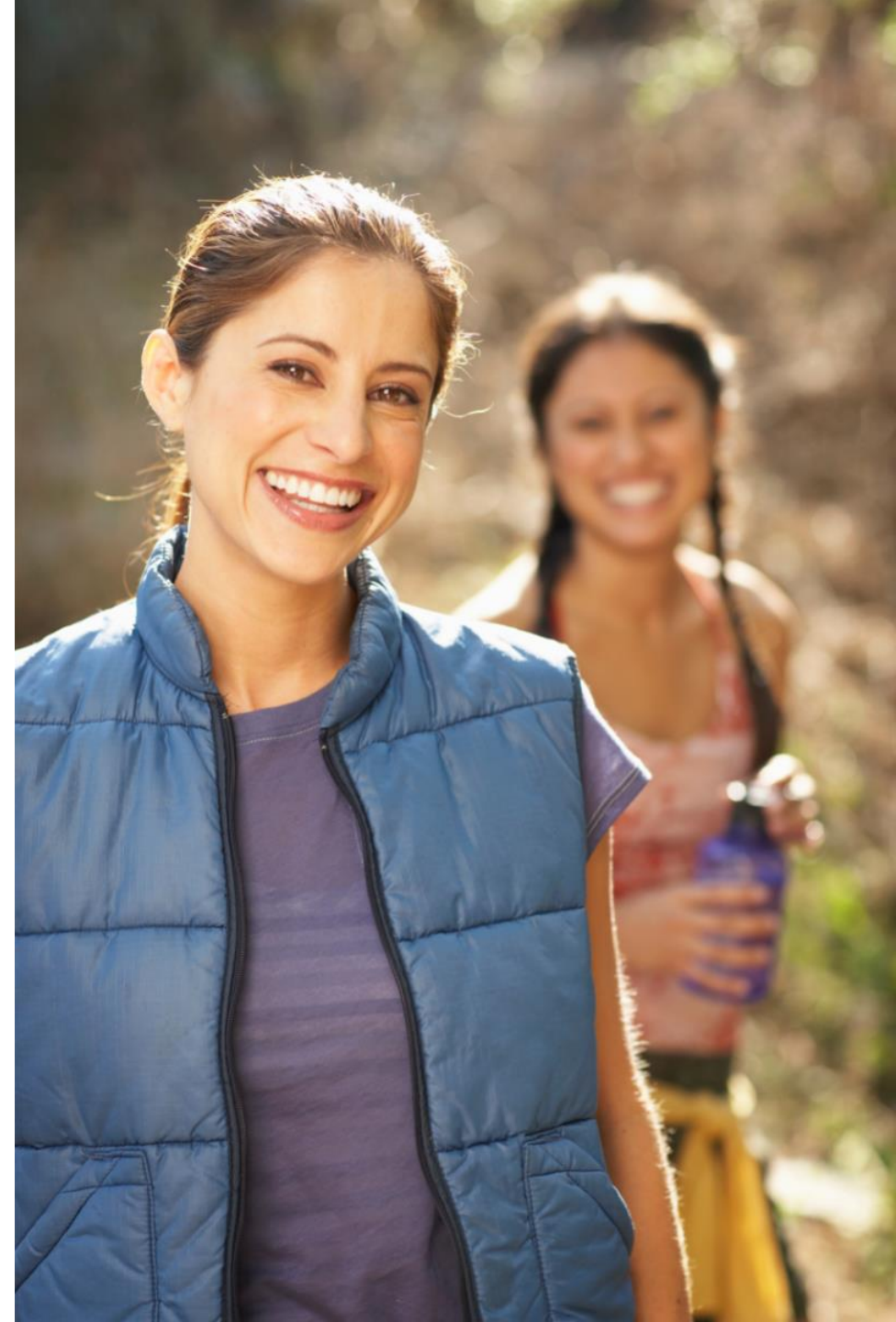
PRAIRIE LAKES
Healthcare System



Zonya Foco

TRUE OR FALSE

Only 3% of people
meet the recommendations
for a healthy lifestyle.



RATE YOURSELF

1. Are you a non-smoker?
2. Do you eat at least 5 servings of fruit & vegetables each day?
3. Do you exercise at least 30 minutes, most days of the week?
4. Are you at a healthy weight?



An Unhealthy Lifestyle Relates to:

70 percent of cancers

80 percent of heart disease

90 percent of type 2 diabetes

Source:

American Institute of Cancer Research
World Health Organization

**IT'S TIME TO
GET
OUR
HEALTHY
ON**

LET'S PLAY A GAME



Name
That
Food!

FILL IN THE BLANK

A 32-ounce bottle of

Gatorade

has 52 g of sugar, which is the same amount of sugar as in 5 Reese's Peanut Butter Cups.



FILL IN THE BLANK

The cereal Smart Start

is marketed as high in good-for-you antioxidants and fiber, but contains more sugar than Froot Loops.



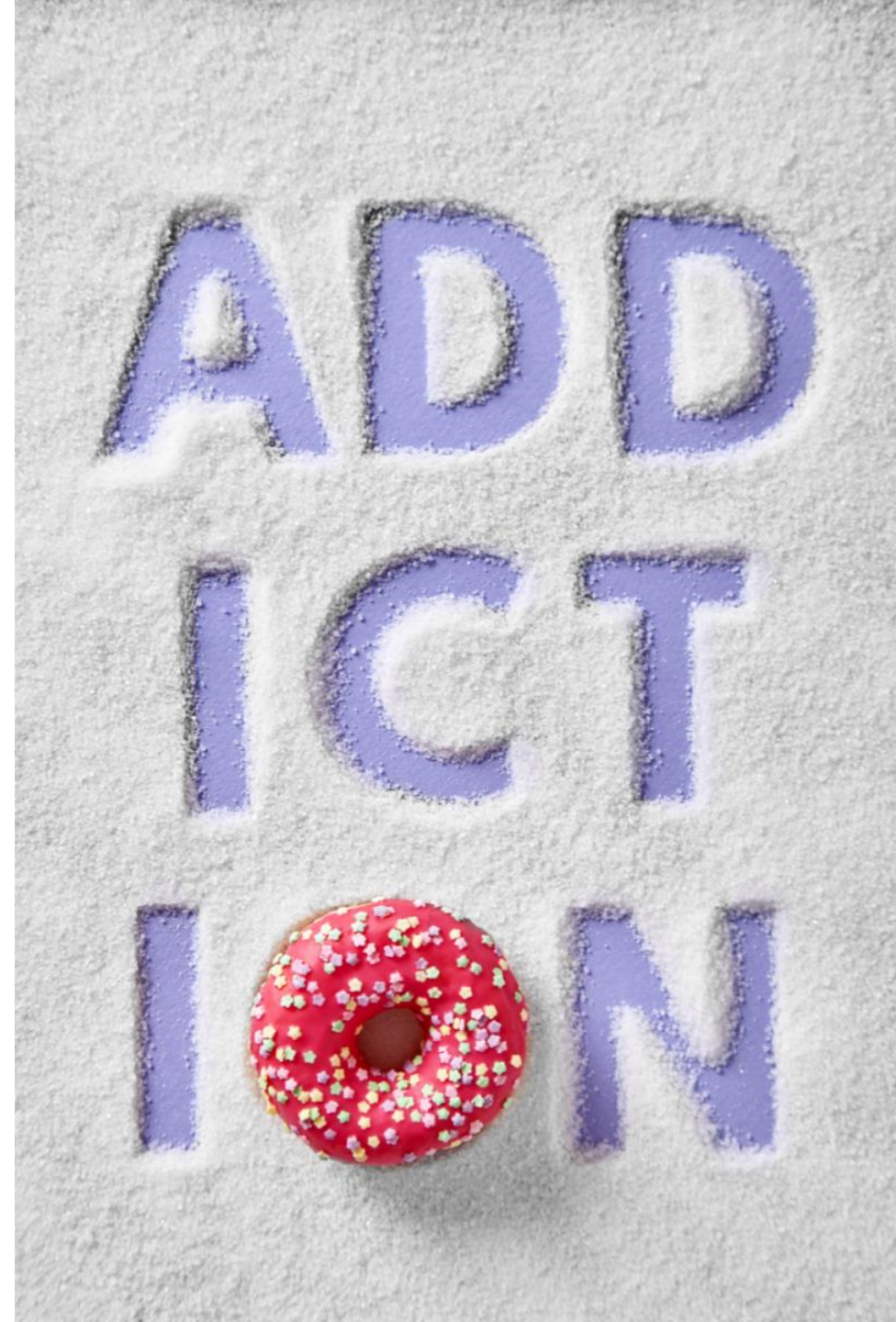
FILL IN THE BLANK

According to brain imaging,
sugar
is as addictive as cocaine.



Studies Showing Sugar Is Indeed Addictive

- This [research](#) demonstrates that sugar can stimulate the brain's reward processing center in a manner that mimics what we see with some recreational drugs.
- Sugar [activates the opiate receptors](#) in our brain and affects the reward center, which leads to compulsive behavior, despite the negative consequences.
- Research on rats from [Connecticut College](#) has shown that Oreo cookies activate more neurons in the pleasure center of the rats' brains than cocaine does.
- A [2008 Princeton study](#) found that rats may become dependent on sugar, and that this dependency could be related to cravings, binging, and withdrawal.



Too much sugar is linked to:

- Weight Gain
- Heart Disease
- Type 2 Diabetes
- Cancer
- Depression
- Dementia
- Fatty Liver Disease
- Acne
- Dental Decay



LET'S PLAY A GAME



True or
False?

TRUE OR FALSE

**Studies show
consuming a serving of
NUTS daily
reduces your risk of
death from heart disease
by 29%.**



TRUE OR FALSE

**Adding a single serving
a day of
a cruciferous vegetable
cuts the risk of cancer
by more than half.**

Int. J Cancer, 2021



TRUE OR FALSE

Eating one mushroom a
day decreases breast
cancer risk by
64%!

Researchers at the University of Perth
on 2,000 Chinese women



And that's not ALL mushrooms can do!



**Eating $\frac{3}{4}$ cup mushrooms
twice weekly reduces
the risk of cognitive
decline by 50%**

They contain Ergothioneine (ET) - a unique antioxidant and anti-inflammatory which humans are unable to produce on their own.

According to the **March 2019
Journal of Alzheimer's Disease**

FOOD
Is
Powerful
Stuff!



What's the best diet?

Vegan?

Mediterranean?

Intuitive
Eating?

Keto?



Keep It Simple...



What is REAL food?

Nothing
Bad
Added
In



Nothing
Good
Taken
Out

As Close to Its Whole Natural State as Possible

Why Eat REAL Food?

- ✓ Eliminates the bad stuff
 - Trans fats, deleterious additives & preservatives like MSG, artificial colors, sodium, sugar
- ✓ Skyrockets the good stuff
 - Antioxidants, vitamins, minerals, fiber, potassium, magnesium, calcium
- ✓ Decreases calories
 - NATURALLY!



MY DAILY RITUALS

1

24/7 Veggie Tray



MY DAILY RITUALS

2

Easy Button Salad



MY DAILY RITUALS

3

Roasting Veggies

Makes veggies “non-DIET-LIKE”

Basis for SO MANY delicious meals

Buddha bowl HEAVEN!



Roasted Veggie Bowl with Secret Sauce



Chunky Monkey Breakfast Cookies





MY DAILY RITUALS

- 1 24/7 Veggie Tray
- 2 Easy Button Salad
- 3 Roasting Veggies

Will making any of these changes really make a difference?

How much do you...?



Exercise?

**I thought
you said
“extra fries”**





I NAMED
MY DOG
"5 MILES"
SO I CAN TELL
PEOPLE I WALK
5 MILES
EVERY DAY





Exercise is Magical!

- ✓ *Burns off stress hormones*
- ✓ *Replaces them with endorphins*
- ✓ *Sense of accomplishment*
- ✓ *So you feel GREAT!*

Have you found your fitness love?
So exercise is your GET TO
instead of your HAVE TO?

Remember your Options! Indoors...

Providing
FITNESS FOR LIFE

*Visit us and let us help you reach your
health and fitness goals.*

[LEARN MORE](#)



And Outdoors!



<https://www.watertownsd.us/346/Park-Rec-Maps>

MY DAILY RITUALS



Morning Moving &
Grooming

Alternating Shoulder
Raises
Arm Pullbacks
Squats



KEEP YOUR HEALTHY ON

by saying *YES!*
to more great
Prairie Lakes
events

Upcoming Prairie Lakes Events

- **Cancer Support Group - Monthly Meetings**

Meetings include a speaker presentation, opportunity to meet others in similar situations, and cancer education.

- **Your Total Joint Journey - Monthly Meetings**

"Your Total Joint Journey" is recommended for patients considering or scheduled for total joint replacement surgery and their caregiver or coach.

- **Child Birth Classes - Details Online**

This series of four classes is designed to prepare the expectant mother and her support person for labor and delivery.

- **Diabetes Support Group - Monthly Meetings Sept. - May**

Each session has a speaker that provides information on different topics related to diabetes.

- **Yellow Rose Week - June 6th - 10th**

Yellow Rose Week is the Prairie Lakes Healthcare Foundation's fundraiser for the Suzanne Jacobson Memorial Fund.

- **25th Annual Hospital Hill Run - June 11th**

Walkers and runners are invited to participate in our annual 5k event. All proceeds support the Prairie Lakes Healthcare Foundation's Caring Club House.

Prairie Lakes Healthcare System Nutritional Services



Registered Dietitian Team

- Sodexo Core 4 Program
- Individual appointments

Core⁴

Eating | Exercise | Education | Energy

by *sodexo*



**GET
YOUR
QUESTIONS
ON!**

THANKS FOR JOINING US LIVE!

DON'T FORGET ABOUT OUR EDUCATION PAGE:
WWW.PRAIRIELAKES.COM/LADIESNIGHTOUT



LEARN MORE ABOUT TONIGHT'S KEYNOTE

WWW.ZONYA.COM

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