

Crow Wing *energized*

A grass roots movement to improve health & wellness in our community by making the healthy choice the easy choice

February is Heart Health Month!

“We all have an ‘old person’ chasing after us, no matter our age. Exercise is the fountain of youth - it keeps the young young and keeps the ‘old person’ from getting to us. Activity (no matter what kind) helps us age gracefully. Studies have shown time and time again that it helps not only our hearts but also our mind, body, and spirit. Set a goal and start by starting!”

~ Dr. Eric Fenstad,
Cardiologist at Essentia Health

You can ‘start’ by getting a team together and joining our Steps Challenge!

Crow Wing *energized* **STEPS** Challenge



When it starts:
Monday, Feb. 3rd

When it ends:
Monday, March 3rd

People Per Team:
Up to 4

Heart Healthy Movement Challenge!
February is American Heart Month, and we want you to take steps (literally) to improve your heart health! Get a team together and join the Challenge! In addition to tracking your team's progress, there will be other fun challenges offered too! Take the first step and get your team registered today!

GET REGISTERED:
Join the Challenge! Scan the QR code or visit crowwingenergized.bigteamchallenge.com
Download the Big Team Challenge app, enter 'crowwingenergized' as the challenge website address. Then follow the prompts to get registered.



Heart Healthy Movement Challenge



Crow Wing Energized is a grass roots community health and wellness movement led and funded by:



Making the Healthy Choice the Easy Choice!

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Essentia Health

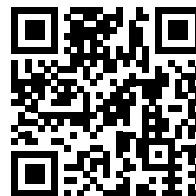


Find us on
Facebook

<https://www.facebook.com/crowwingenergized>

Like or Follow for the latest information.

www.CrowWingEnergized.org



reTHINK YOUR DRINK

The Workplace
Wellness
Challenge that
encourages your
staff to make
water the
healthy choice!



Register by Jan. 23 • Starts Feb. 3

For more information or to register contact: Kelli.Johnson@CrowWing.gov

2024 Winners:



Left: Lakes Area Restorative Justice Project, Small Business Winner
Center: Bremer Bank, Mid-Size Business Winner



Right: Northern Pines Mental Health Center, Large Business Winner

Thrive in 2025

Self-care starts here!

By Jami Nelson, Just Juice

Midweek motivator

Caring for yourself is the definition of Self Care. When was the last time you updated your personal definition of what it feels like to be taken care of when it comes to your wellbeing? A lot of times we are swept away by the daily doing and tasking that we forget what even matters to us or what it feels like to feel good! We set big giant goals without clear action steps and that can leave us feeling overwhelmed and a bit hopeless! What if this year it could be different? What if from here on out-everything you promised yourself you would do, you did? That is how self-confidence is built, how momentum starts to build and beautiful changes start to happen in your life! Even when you didn't accomplish the goals you had set out-you don't quit. There is only winning and learning. Every time you do or don't do what you said-see the lesson in it! Start doing more of what is working and less of what isn't! Everything you need to succeed is already inside of you-waiting for you!

When it comes to Self Care, it may be helpful to break it down into your top 3-5 categories of what matters most to you.

Here are a few categories that might be helpful to focus on: mental health, physical health, community, and personal growth. When we take time to get a clear picture of where we are and where we want to go, it makes it easier to see what steps need to be taken to get there.

Let's break it down and give you some action steps and ideas for the above listed categories. Grab a clean piece of paper and your favorite pen.

Mental Health: What would it look like to rate this category as a 10/10? What might you do to enhance and protect your mental health?

- Shut your phone down at 9 p.m., put it on airplane mode if possible.
- Take five minutes in silence each day, just to listen without expectations, enjoy the silence.
- Journaling for 10 minutes in the morning to get thoughts out of your head and onto paper.



Physical Health: What would it look like to rate this category as a 10/10? What might you do to enhance and protect your physical health?

- Go for a 10-minute walk outside. There is no such thing as bad weather, only bad clothing.
- Drink just one more glass of water today.
- Prioritize your sleep - this is a non-negotiable for all around health and wellness.

Community: What would it look like to rate this category as a 10/10? What might you do to enhance and protect your community?

- Set up a once a month feel good phone call to a loved one. Someone who lights you up, someone you can look forward to talking with.
- Send a text or email to one person daily for 30 days sharing an inspirational message or just simply tell them you are thinking of them.
- Eat a meal with your family at the dinner table at the same time four times a week. No phones, no TV. Take turns going around the table sharing something great about your day.

Personal Growth: What would it look like to rate this category a 10/10? What might you do to enhance and prioritize your growth as a person?

- Set a goal for each month. Choose one thing you want to learn about and spend one hour each week learning all about that area. Imagine 12 months of new topics.
- Use the daily wellness tracker included in this article to stay on track and monitor your growth goals.
- Set aside an hour at the beginning of each month to plan your goals and set aside an hour at the end of the month to review what went well, what didn't and what to do differently next month? Put a reminder in your phone ahead of time.

Take time to stop before you start. Be honest and real about where you are right now. What is working? What isn't? What do you want more of? What do you want less of? Take small steps each day, you will be astonished at the end of 2025 of how far you were able to take yourself!

♥ Heart-Healthy Salad Recipe ♥

This vibrant and nutrient-packed salad is designed to support heart health by incorporating heart-healthy fats, fiber, and a variety of vitamins and minerals. Perfect for a light lunch or dinner, it's full of fresh ingredients that are delicious and easy to prepare!

Ingredients:

- 2 cups mixed greens (such as spinach, kale, and arugula)
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1/2 avocado, diced
- 1/4 cup cooked quinoa (optional for added fiber and protein)
- 1/4 cup walnuts, roughly chopped (rich in omega-3s)
- 1/4 cup blueberries (any berry of your choice, for antioxidants)
- 1 Tablespoon olive oil (extra virgin, for healthy fats)
- 1 Tablespoon apple cider vinegar or lemon juice
- 1 teaspoon Dijon mustard (optional for added flavor)
- Salt and pepper, to taste
- Fresh herbs (such as basil or parsley, for garnish)



Instructions:

Prepare the vegetables and fruit:

Wash and dry your mixed greens thoroughly.

Slice the cherry tomatoes, cucumber, and red onion. Set aside.

Dice the avocado and gently toss with a little lemon juice to prevent browning.

Assemble the salad:

In a large bowl, combine the mixed greens, tomatoes, cucumber, red onion, and avocado.

Add the cooked quinoa if you're using it, along with the walnuts and blueberries.

Make the dressing:

In a small bowl, whisk together the olive oil, apple cider vinegar (or lemon juice), Dijon mustard (if using), and salt and pepper to taste. Adjust the seasoning as needed.

Toss and serve:

Drizzle the dressing over the salad and toss gently to coat all the ingredients evenly.

Garnish with fresh herbs, if desired.

Tips:

- To make the salad more filling, add protein like grilled chicken breast, salmon (for extra omega-3s), or a plant-based protein like chickpeas or tofu.
- If you prefer a different nut, try almonds, pistachios, or flaxseeds, all of which are great for heart health.
- For extra flavor add a sprinkle of feta cheese or a few slices of hard-boiled egg.

This salad is full of heart-healthy ingredients, rich in antioxidants, healthy fats, and fiber, all of which contribute to overall cardiovascular health. Enjoy!

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**We Invite You to Join
the Crow Wing Energized
Movement and Enjoy
Healthy Menu Options!**

What are the criteria?

- **Include as many vegetables as possible** -
Rich in vitamins, minerals, fiber, and antioxidants,
vegetables help reduce the risk of chronic diseases.

- **Be 600 calories or less** -
Avoid excess calories to prevent weight gain
and associated health risks.

- **Most importantly, be delicious** -



**Look for the Crow Wing Energized
'Approved' sticker on items at these locations:**



**Would your restaurant or business like to
offer a Crow Wing Energized 'Approved' item?
Scan the QR code to learn more!**



Mental Health:

The Root of Personal Strength and Thriving

Mental health affects all of us.

Crow Wing Energized trained presenters offer Make It OK and Adverse Childhood Experiences (ACEs) presentations for businesses, groups or organizations in Crow Wing County.

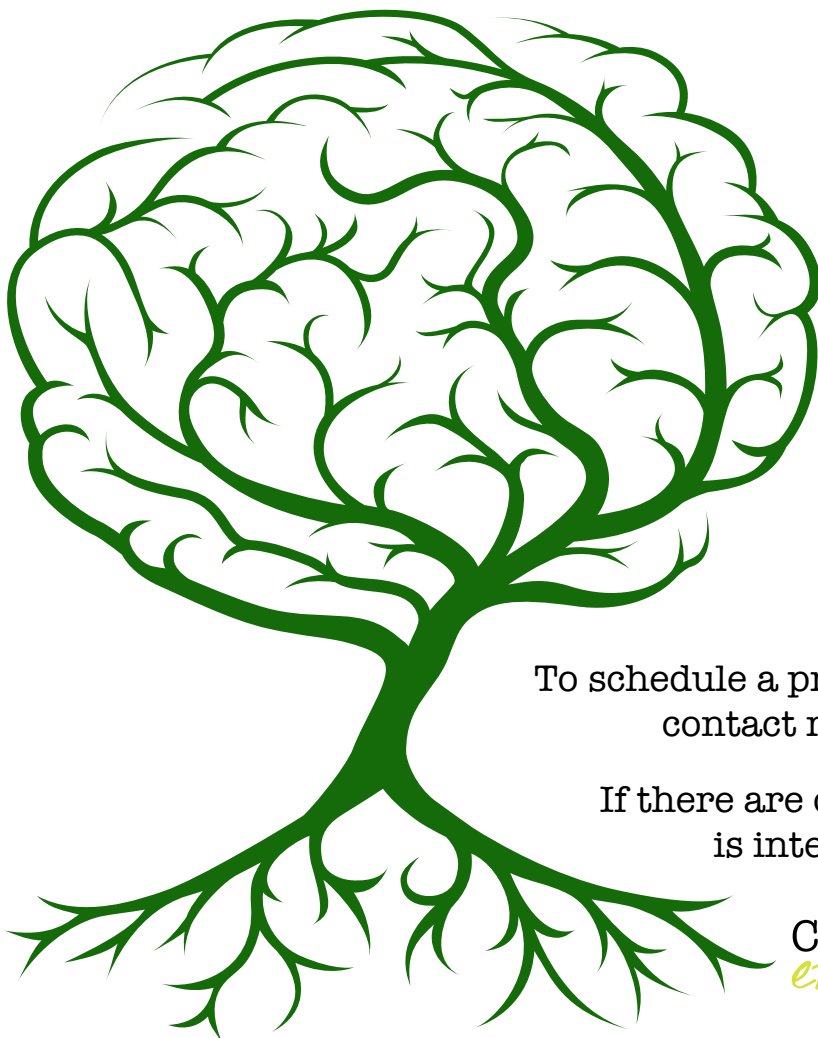
Nearly 1 in 3 adults in Crow Wing County delayed mental health care because they did not think it was serious enough and/or they were too nervous, afraid, or embarrassed.



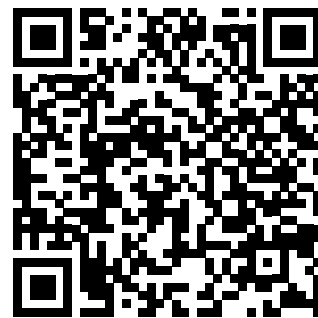
Stopping the stigma of mental health. Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illnesses.



Building community resilience and overall health.



To learn more about Make it OK and ACEs visit CrowWingEnergized.org or scan the QR code:



To schedule a presentation or for more information, contact rena.bolt@essentiahealth.org.

If there are other classes your agency/group is interested in, please email us.



do you have concerns about falling?

A Matter of Balance: Reducing your Risk of Falls

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling

CLASS DETAILS

Classes are FREE and held once a week for eight weeks for two hours each.

- Session 1** Course description and fall concerns
- Session 2** Ways to think about falls and importance of recognizing concerns
- Session 3** Effects of physical activity and balance exercises
- Session 4** Physical risk factors and asking for what you need
- Session 5** Action plan for exercise and how to change unhelpful thoughts
- Session 6** Exercises and recognizing and changing Fall-ty habits
- Session 7** Exercises, common home hazards and creating an action plan
- Session 8** Exercises and create an action plan for a fall-ty habit

For more information please contact Kara Schaefer
Kara.Schaefer@EssentiaHealth.org • 218-454-5901



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

Class meets weekly on
Tuesdays from
Feb. 4 to March 25
12:30-2:30 p.m. at
Brainerd Family YMCA
602 Oak Street
Brainerd MN 56401
Class Leaders:
Amanda Wonders &
Kara Schaefer

Class Size is Limited!
Registration is
required, but class is
FREE TO ATTEND!

Register online at
crowwingenergized.org/event
or scan the QR Code:



Crow Wing
energized

ship
statewide health
improvement partnership



Essentia Health





Lifestyle CHANGE Class Offerings

Learn how to create a healthier lifestyle and prevent diabetes in a 22-session diabetes prevention program. Groups meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity. There are 16 sessions offered over 6 months, and 6 monthly follow-up sessions for the remainder of the year. Each session is one-hour long. The National Diabetes Prevention Program is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Pre-diabetes involves blood sugar levels that are higher than normal, but not yet high enough to be diabetes. An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight loss (usually 10-15 pounds) often work to bring blood sugar levels back down to a healthy range. There is no fee for this class (\$429 value).

UPCOMING IN PERSON CLASS:

WEDNESDAYS | 9:30-10:30 A.M.

First class is Wednesday, Feb. 19

Brainerd Family YMCA - 602 Oak Street

Coach: Abby Huck & Amanda Wonders

Registration is required, but the class is FREE!

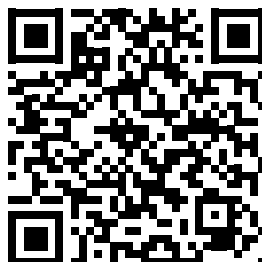
Register online or scan the QR Code:

CrowWingEnergized.org/Event

ADDITIONAL CLASSES:

New classes start throughout the year and offered at varying times throughout the day.

Questions? Contact Kara Schaefer
218-454-5901 | Kara.Schaefer@EssentiaHealth.org



Topics for the First 16 Sessions:

- 1 Welcome and Introduction to Program
- 2 Get Active to Prevent Type 2
- 3 Track Your Activity
- 4 Eat Well to Prevent Type 2
- 5 Track Your Food
- 6 Get More Active
- 7 Energy in, Energy Out
- 8 Eating to Support Your Health Goals
- 9 Manage Stress
- 10 Eat Well Away From Home
- 11 Manage Triggers
- 12 Stay Active to Prevent Type 2
- 13 Take Charge of Your Thoughts
- 14 Get Back on Track
- 15 Get Support
- 16 Stay Motivated to Prevent Type 2

Weeks 17-22 Topics:

How to Stay on Track While Traveling, Sleep and Many More!

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Essentia Health

5K^{for} MENTAL HEALTH AWARENESS

AND 1 MILE WALK

STOP

APRIL 26
2025

the
STIGMA



Register here:
5kformentalhealthawareness.itsyourrace.com

CLC
CENTRAL LAKES
COLLEGE

Crow Wing
energized

Event
Proceeds
to benefit:



SHARING
BREAD
SOUP KITCHEN

CLC FOOD

PANTRY