

Dakota Wellness Program **MARCH 2025**

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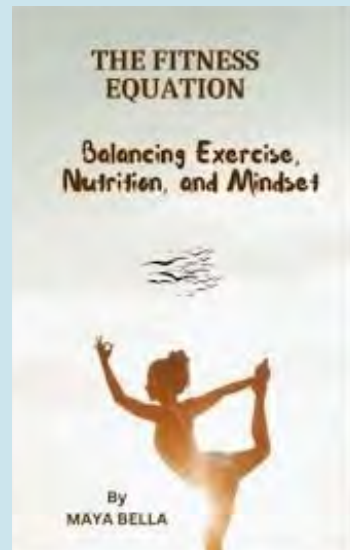
SANFORD
HEALTH PLAN

Balancing Food and Activity

Energy balance is the relationship between **ENERGY IN** (calories consumed) and **ENERGY OUT** (calories burned). Calories are burned daily through basic activities like breathing and digestion and through movement such as walking or exercise. A balanced energy intake and output maintains weight, more **ENERGY IN** than **OUT** causes weight gain, and more **ENERGY OUT** than **IN** promotes weight loss.

An estimated calorie requirements chart suggests caloric needs based on age, gender, weight, height, general health, and activity level: sedentary (minimal movement), moderately active (walking 1.5-3 miles/day), and active (walking over 3 miles/day). The chart can help people determine how many calories they should consume to maintain a healthy weight.

Think of energy balance like a “lifestyle budget.” For instance, if you plan to eat extra at an event, you can balance it by eating less or being more active beforehand. Small adjustments, like drinking water instead of soda or engaging in 30 minutes of activity (e.g., walking or basketball per day), can help you maintain a healthy weight over time. Learn more about balancing food and activity by visiting webmd.com/diet/calories-chart.



Book Club

The Fitness Equation: Balancing Exercise, Nutrition, and Mindset
By Maya Bella

The fitness equation is a comprehensive frame that combines exercise, nutrition, rest, and life factors to achieve optimal physical fitness. It recognizes that regular physical exertion, supported by a well-rounded diet and acceptable rest, is essential for perfecting cardiovascular health, erecting strength and abundance, and maintaining a healthy body weight.

1. Bella emphasizes that consistency is more important than intensity in exercise routines. Do you agree with this approach, and how might it impact long-term fitness goals? Can you think of any personal experiences where consistency (or the lack of it) made a significant difference?
2. The book discusses the importance of mindset in achieving fitness goals. How does a positive mindset impact physical wellness, and what strategies can help maintain motivation during setbacks or plateaus in a fitness journey?
3. Bella advocates for a balanced diet with whole, unprocessed foods rather than restrictive dieting. How does this approach influence one's relationship with food? What challenges do people face in adopting balanced eating habits, and how might they overcome them?



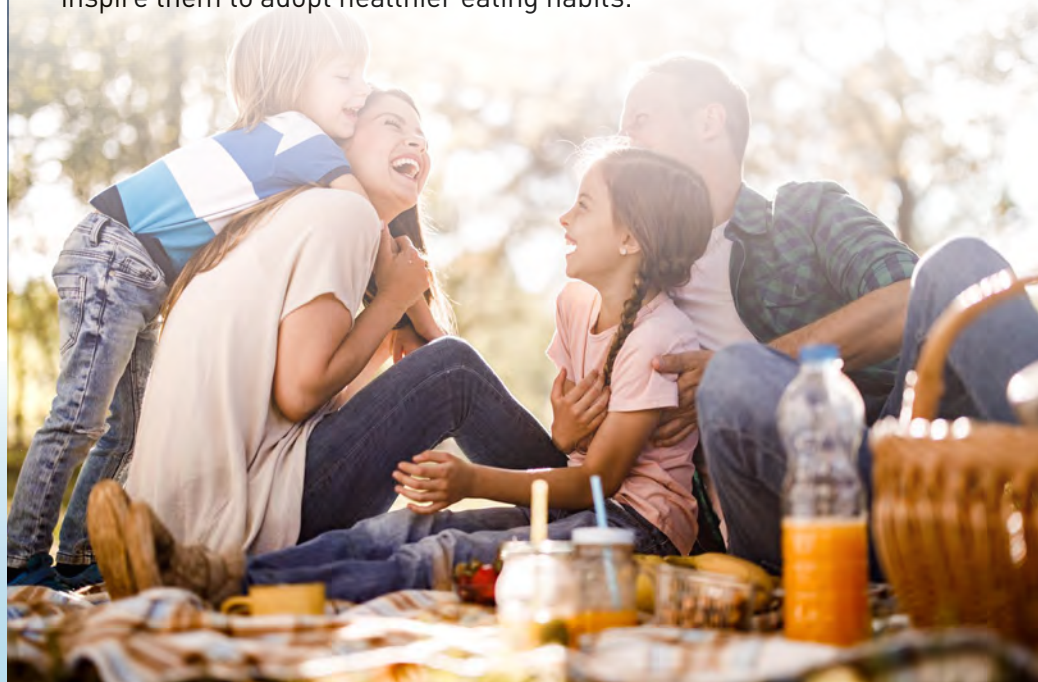
Ask the Expert: What is the function of kidneys?

The kidneys are two fist-sized organs located below the rib cage. They filter about a half cup of blood per minute, removing waste and excess water to produce urine. This urine travels through the ureters to the bladder for storage. Each kidney contains around a million nephrons, which filter blood and reabsorb essential substances while eliminating waste. The kidneys also regulate blood pressure, produce red blood cells, and maintain a balance of minerals. Blood flows into the kidneys via the renal artery, gets filtered in the nephrons, and exits through the renal vein. Daily, the kidneys filter approximately 150 quarts of blood.

[Click here](#) for a video on 5 amazing facts about your kidneys.

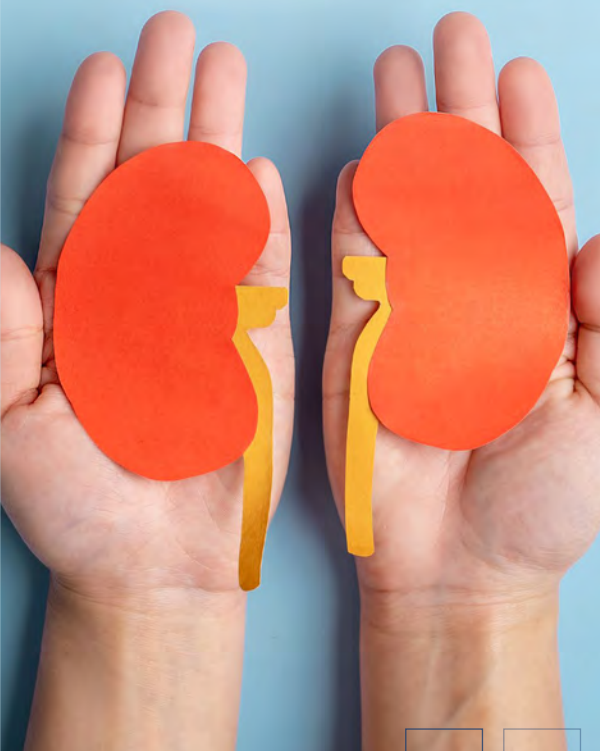
Get Your Family Started

To get your family to eat better, move more, and reduce screen time, start by modeling healthy behavior yourself, as kids are likely to follow. Involve them in decisions, like choosing healthy groceries or planning activities. Engage younger kids by letting them pick fun physical activities, and approach teens with more independence, asking for their input rather than dictating. Introduce gradual changes, like switching milk types, and make healthy snacks accessible. Encourage kids to limit high-fat and sugary foods by highlighting how healthier choices can enhance their appearance, making them look and feel their best. Emphasize the benefits of a balanced diet for glowing skin, shiny hair, and overall vitality to inspire them to adopt healthier eating habits.



Intermittent Fasting and Type 2 Diabetes

Type 2 diabetes affects 1 in 10 Americans, causing prolonged high blood glucose levels. Weight loss is often recommended for those with excess weight and type 2 diabetes, but cutting calories can be challenging. A study funded by the National Institutes of Health (NIH) explored a different approach: intermittent fasting, where eating is restricted to a specific window of time each day. Researchers divided 75 people with obesity and type 2 diabetes into three groups: one with intermittent fasting (eating between noon and 8 p.m.), another with reduced calorie intake, and a third with no dietary changes. After six months, the fasting group lost an average of 3.6% of body weight, with similar healthy reductions in blood glucose levels. This method could be an effective alternative for those struggling with traditional diets, but it's important to consult a doctor before starting. Learn more about this study and subject [HERE](#).



Preventive Health

March is National Colorectal Cancer Awareness Month. Colorectal cancer is the second deadliest cancer in the United States. Thanks to screening tools, it's one of the few cancers that can be prevented. Screenings look for pre-cancer cells and cancer in individuals who do not yet have symptoms present.

- Screenings can find warning signs of both rectal and colon cancer allowing physicians to intervene preventing the disease
- Screenings allow for discovery of early colorectal cancer when treatment is most successful
- Regular screening discovers most polyps which can be removed before they become cancer
- If you're 45 years of age or older with an average risk, you should begin getting screened. You may need to get screened earlier if you have increased risk or family history.

There are several different screening tools available. Options include stool tests, CT colonography, colonoscopy or flexible sigmoidoscopy. Talk to your physician about which option might be the best for you. The most important thing is to get screened.

Monthly Observances

**March 14 -
World Sleep Day**

**March 25 -
Diabetes Alert Day**

**Brain Injury
Awareness Month**

Kidney Month

National Nutrition Month

Save Your Vision Month

Spicy Sesame Carrot Soup with Red Lentils

Prep time: 20 min

Cook time: 45 min

Servings: 6 Ingredients

Ingredients

- | | |
|--|--|
| 1 teaspoon cumin seeds | 1 ½ lbs. carrots, scrubbed and chopped sea salt and ground black pepper to taste |
| 1 teaspoon coriander seeds | |
| 2 tablespoons olive oil | ½ cup split red lentils, rinsed |
| 1 medium yellow onion, chopped | 5 cups vegetable stock |
| 1 teaspoon ground chillies or chili flakes | ¼ cup tahini |
| 2 cloves garlic, minced | 1½ teaspoons toasted sesame oil |
| 2- inch piece of ginger, peeled and minced | 1 teaspoon soy sauce |
| | 2 teaspoons lemon or lime juice |

Instructions

1. Set a large soup pot over medium heat. Add the cumin and coriander seeds to the pot and toast, stirring them up often. Toast the spices until fragrant, about 45 seconds to a full minute.
2. Dump the seeds out onto a small plate and allow them to cool completely before grinding up to a powder in a spice grinder. Set the ground spices aside.
3. Return the large soup pot to the stove over medium heat and pour in the olive oil. Swirl the oil around a bit and then add the onions to the pot and stir. The onions should be quietly sizzling. Lower the heat if necessary. Keep cooking the onions, stirring occasionally, until very soft and translucent (but not browning), about 7-8 minutes.
4. Add the ground cumin and coriander to the pot, along with the ground chillis as well. Stir and cook along with the onions for one full minute. Then, add the minced garlic and ginger to the pot and stir. Keep cooking until the garlic is fragrant, about 1 minute.
5. Add the carrots to the pot along with big pinches of salt and pepper. Stir the carrots to coat them in spices and sautéed onions. Then, add the red lentils to the pot and stir once more. Finally, pour in the vegetable stock and give it a final stir.
6. Bring this brothy carrot, lentil, and spice mixture to a boil and then lower your heat to a simmer. Simmer this mixture uncovered, stirring here and there, until the carrots are quite soft, about 30 minutes.
7. Carefully ladle the brothy carrot, lentil, and spice mixture into the pitcher of an upright, vented blender. To this mixture, add the tahini, sesame oil, and soy sauce. Close the lid on the pitcher and slowly bring the speed of the blender up to high. You may have to add a few splashes of water to get things moving. Blend until you have a completely smooth puree.
8. Pour the spicy sesame carrot soup back into the pot. At this point, you can leave it as is or add some water to make the texture a bit more fluid. Bring the soup up to a boil, stirring often. Stir in the lemon or lime juice.
9. Adjust the seasoning to your liking and then serve. Try topping with chopped cilantro, drizzles of tahini and chili oil, and sesame seeds.



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