



Its wingspan stretches up to 7 feet.

Strong currents and great distances are no match.

Needs plenty of **water** to survive. Bald eagle.

Be bold, be strong, and live well. Drink water instead of soda.

Strengthen the Family Circle.

Drinking water is a blessing you give yourself

"My ancestors came from water. We are San Carlos Apache, where water is the very element of the life we are born to on this earth. We are born to the earth's water and it springs into our hearts.

When my daughters were young I took them into the mountain spring headwaters. I held them close and prayed. My prayers were answered by thunder and lightening reminding me that water is what I am. Water is what we all are.

I started drinking soda as a teenager. I liked the caffeine. But what began as two sodas a day soon became four or five. I always felt dehydrated and it no longer gave me the same energy boost. Instead it put me on a mood roller-coaster. My family noticed my mood swings; I noticed how little energy I had. I started to eat more to try to make up for it, but it only made my weight gradually creep up.

I remembered my grandparents saying that drinking water is a blessing you give yourself. I decided to start drinking water instead of sodas. It was intense at first. I missed my daily habit but I loved the way I felt. I was in balance instead of on a roller-coaster. My energy level was steady. When I craved soda I ate fruit and in a few weeks I actually preferred water to soda.

Now I drink lots of water a day. It quenches my thirst in a way soda never could. My family likes my even tempered nature; I like my renewed energy. But best of all I've lost twenty pounds—and am keeping it off! I can easily tighten my belt five inches shorter than before. I'll never go back to soda. Besides, with the money I save I can treat myself to lunch out.

I'm 58 years old. I've returned to the spring waters of my ancestors. And I couldn't be happier."

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Delmar's tips for switching from soda to water:

- Take it slow. Replace one can of soda with water each day for a week. The next week replace another can with water. Continue to cut out soda until you've eliminated it completely.
- OR go "cold turkey". Both ways work; and it gets easier each day as you notice how much better you feel.
- Bring fruit/veggies to munch on when you're tempted to buy soda.
- Enjoy soda only on rare occasions.



The original sweet.

Strengthen the Family Circle.

Treat yourself to the natural sweet.
Fresh, canned, dried, or frozen.
The sweetest alternative to candy.



How many 57 year old women do you know that can outrun women more than twenty years younger?

"I can. But the real surprise is that just last year I weighed 210 pounds. That was when my days seemed to revolve around candy and desserts.

My life dramatically changed last year with a visit to my local health clinic. The doctor told me I was on the verge of developing diabetes and recommended diabetes medications. I told the doctor I was a strong person who could make changes—and I did.

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The first change I made was to stop eating five kinds of food: candy, ice cream, cookies, cakes, and potato chips. It was easier than I thought and I dropped 17 pounds in the first two months. So what did I eat? For starters I discovered oranges, bananas and apples. I still pack a bag every morning and have learned to like them even more than candy.

My next change was to start walking. I went to the Colville Tribe community center every night. Gradually my stroll turned into a brisk walk and then a slow jog. Soon I was running on the open roads—my pony tail blowing in the wind, I was like a horse. I repeated the same thing over and over as I ran: 'Run Indian run.' I'm proud to be an Indian and my pride is greatest when I run.

I've now dropped over 45 pounds and I feel great, free—like the way an Eagle must feel in flight. But my biggest moment has been placing second in the Bloom Day Race, running over seven miles in just over an hour.

My six grandchildren have watched my transformation with a mixture of surprise and pride. I tell them I want to live long enough to see them graduate. Who knows—maybe I'll even outrun them someday."



Shirley's tips:

- Keep candy out of the house and out of your desk at work.
- Replace candy, ice-cream, cookies, cakes, etc. with a variety of fruits.
- Replace chips with a variety of whole grains and vegetables.
- Start moving and keep moving.
- Set small goals for yourself and keep track of each achievement.





Strengthen the Family Circle.

Nature's gift to you. Your gift to your kids.

Fresh, canned, or frozen. Offering a variety of vegetables to your kids now is a gift that will last them a lifetime.

How Linda's new best friends changed her life

"When the doctor told me I had diabetes, I was devastated. My mother had died of diabetes and I felt like I'd been handed the same death sentence.

But death wasn't an option I considered long. I have two young children. They need me and I want to be there for them. I asked my doctor what changes I need to make to live and he helped me outline a plan that has saved my life.

The first thing that had to go was fried foods. French fries in particular were my best friends. I didn't think I could live without them.

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I can't deny I did miss them at first. But now I don't. Believe it or not, now I crave fresh vegetables. I spend most of my grocery money in the fruit and vegetable aisle. I have a salad everyday—even at work. When we eat out, I order a salad, veggie sandwich, or pizza topped with veggies.

And my children changed with me. My 15 year old daughter takes cucumbers and fruit to school for lunch. My 7 year old son eats salads with me. I want them to grow up without diabetes so I am happy they are learning early about healthy eating habits.

Just last week I tried French fries for the first time in years. I could feel the grease on my tongue. My body felt different. I realized then that my tastes had really changed and I liked vegetables better than fried potatoes.

Friends are amazed at how much I've changed. I've lost 50 pounds and I have more energy than ever. And best of all, I feel better about myself than I have in years.

I can't think of my mom for even a few minutes without tears. Her life was too short and she is still so deeply missed. Her diabetes was devastating to our entire family. I don't want my children to feel the torment of losing their mother. And I want to be there for them and to watch them grow into the wonderful adults I know they will become. Given the option, trading fried foods for vegetables was probably the best change I ever made for myself and my family."



Linda's tips for cutting out fried foods from your diet:

- Eat fruits and vegetables and baked, grilled or broiled meats instead of fried foods.
- Be a good example to your family to help them develop healthy eating habits.
- Don't wait until your health is in jeopardy to make healthy changes. The sooner you make them the more you and your family will benefit from them.



What's wrong here?

Wearing oversized shoes makes as much sense as eating oversized meals. Enjoy the food you eat, but eat the amount that's right for you.

Strengthen the Family Circle.



The way an eagle finds its wings

"My husband dreamed of our daughter before she was born. In his dream she was strong and independent—her name was Eagle Woman. This is the name we gave her when she was born. Our little girl is now 3 years old. She is beautiful and smart and powerful, and, yes, strong and independent, like an Eagle.

My husband and I made several important decisions when we decided to have a baby. For one thing, I made a point of eating lots of fruits and vegetables while pregnant with Eagle Woman. It helped me stay healthy during my pregnancy and I believe it made it easier for our baby to like them later on. How many three year olds do you know who love broccoli and carrots? She likes to dip them into ranch dressing. And she likes all kinds of fruit.

She likes fruit juice too. In fact, she likes it so much she'd probably drink it all day if we let her. But it's not good for a child to have so much juice. She drinks milk with her meals—always low-fat—and usually just water in between.

When diabetes runs in your family, like it does mine, you just have to take extra precautions. We all know that fruits and vegetables are best for children. But sometimes well-meaning relatives want to spoil Eagle Woman with candy. My husband and I explain that eagles are sharp and worthy of pride; we want only the best for her and that does not include candy and other "junk food."

It takes time and effort to offer fruits and vegetables with meals. But Eagle Woman is worth it to us. It's just something we have to do as parents. She's everything to us. Someday she will soar just like the Eagle."

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Anna and Pat's healthy eating tips for the whole family:

- Make a commitment to yourself and your family to be healthy and strong for yourself and each other.
- Choose fruits and vegetables over candy and other "junk food."
- Offer fruits and vegetables during meals.
- Limit the amount of sugary foods.





15 lbs. grasses
15 lbs. berries
12 lbs. moose meat
some honey on occasion.

Take a cue from nature.
Enjoy sweets only on occasion
and live well.

Strengthen the Family Circle.

A story about dropping the cake and going bananas

"On my kitchen counter there is an empty cake holder. And that's a good thing.

Last year that cake holder would have been full. My daughter loves to bake and I love to eat. So my family and I always had a big dinner followed by a big slice of cake. Topped with ice cream, of course. To say we were full after dinner is an understatement.

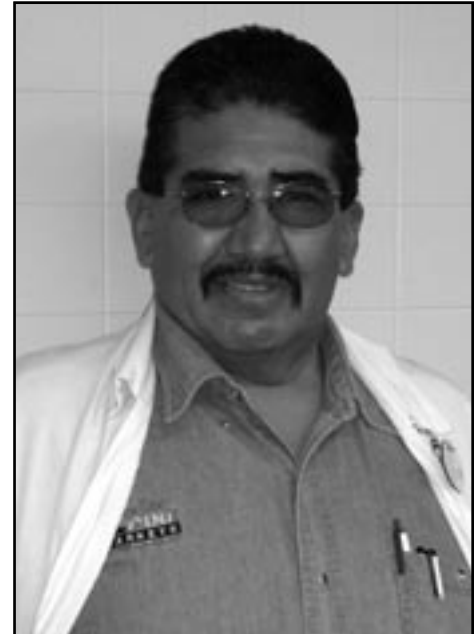
That all changed when I started a Lifestyle Balance program at my worksite. The first thing we changed was to eat dinner earlier—soon after I got home from work. And we ate smaller servings of our favorite foods along with more vegetables. Then we walked as a family after dinner. No more cake every night.

It's been a year now and I know it sounds weird but I'd rather eat oranges or bananas than a slice of cake. I can't believe it myself but it's true. Donuts and cakes still tempt me at times. When they do I might take a bite or two but that's it. I don't feel like I've given up any foods. I just eat them less often and in smaller amounts.

These small changes—eating less and walking more—they're just subtle changes but they've changed my life dramatically. I'm down to the last hole in my belt; that's four inches smaller than last year. And my knees don't ache anymore. I'm 51 years old and I'm not getting any younger but I sure do look younger.

My goal in making these changes was to live to see my grandchildren. Who knew my wife and I would experience a mini-honeymoon too?"

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Joe's tips for turning daily sweets into occasional treats:

- Eat more fruits and eat less cakes, cookies and donuts.
- If you can't resist the temptation, go ahead and have a taste or two—but don't overdo it and avoid making it a daily habit.
- Get up and walk—as a family, by yourself, or with friends. Daily exercise reduces my urge for sweets.





Are you full yet?



Now are you full?



How about now?



Feeling full yet?

Don't let the amount on your plate dictate the amount you eat. Enjoy your meals, eat slowly, and stop when you feel full. **Be healthy. Don't overeat.**

Strengthen the Family Circle.

How a lost love led to true happiness

"I was young and in love. My boyfriend and I enjoyed doing lots of things together—especially eating. We ate three big meals a day, usually washing them down with a couple of beers. We ate until we were stuffed and it wasn't long before I needed medication for acid reflux. But it seemed nothing could slow me down and while my weight soared to 250 pounds I just kept eating.

Then the breakup happened. It was a difficult time for me. And in the middle of it all was my excess weight and low energy. I had been worried about my health for a while but never took the time to make changes. Now I had the time and I made the decision to begin taking care of 'me.'

I started by eating less than half of what I ate with my boyfriend. I also started walking to clear my head. Pretty soon I didn't need the acid reflux pills anymore. My red, puffy face was transformed to smooth and youthful looking skin. And just by eating less and walking I dropped 40 pounds. I was amazed at how much better I felt.

Looking back I felt like I couldn't get enough food—always living to eat. Now I enjoy what I eat but I eat only until I'm not hungry anymore. I still eat the same foods as before, just not as much of them. And I enjoy them more. I not only survived the breakup, I actually thrived by changing my life.

Sometimes I slip into old habits and eat like the old days. Too much meat, too much everything. It takes my body about two days to recover and I'm happy to return to eating just what I need.

I'm proud of myself. I don't see my old boyfriend anymore, but I can see my toes."



Desba's tips for improving your health by eating less:

- Listen to your body and eat only until full.
- Savor every bite.
- Go for a walk. Get up and move.
- Expect some setbacks, but don't let them push you back into your old habits.

