



Healthy Habits

Tips and resources for living well



November Newsletter

This Month: Reduce Your Risk For Diabetes

Healthy changes can help. If you have diabetes, it means blood sugar levels in your body are too high. Type 2 diabetes is caused by a problem in the way the body makes or uses insulin. People with this condition have a difficult time converting food into energy.

Studies have found that lifestyle changes can delay or prevent the onset of type 2 diabetes. Additionally, a healthy lifestyle and optimal control for Type 2 diabetics will potentially reduce the risks for complications of diabetes, such as eye, heart, foot, and kidney disease. In this issue, you'll learn what you can do to reduce your diabetes risk and improve your overall wellness.

Try this healthy side: Roasted winter root vegetables

This nutritious, hearty side dish perfectly complements meat and adds a seasonal touch to your meal.

Ingredients:

- 2 tbsp. olive oil
- 1 cup peeled carrots, cut into 1.5-inch chunks
- 1.5 cups butternut squash, cubed
- 1.5 cups peeled turnips, cubed
- 3 shallots, peeled, left whole
- 6 whole garlic cloves, unpeeled
- Salt and pepper to taste

Directions:

1. Preheat the oven to 425°F.
2. In a large bowl, combine all the ingredients and toss well. Spread the vegetables in one layer onto a large baking sheet.
3. Roast for about 30 minutes, tossing the vegetables every 10 minutes.

Adapted from Diabetes.org.

Maintain a healthy weight Improve your overall health

Excess body weight makes it harder for the body to regulate blood sugar. Click [here](#) to find your healthy weight range. The following tips can help you maintain a healthy weight or lose weight if it is above ideal:

- Incorporate physical activity every day. An exercise session of at least 10 minutes without stopping is a great start. After a few weeks, try to do 30 minutes of physical activity, 4 days a week. Dancing, riding a bike, walking, and jumping rope are all great ideas.
- Watch portion sizes. If you are dining out, split a meal or take half home for later.
- Limit sweetened beverages. Stick to water flavored with a splash of citrus juice or unsweetened iced tea.
- Focus on healthy sleep patterns. Strive for at least 7-8 hours of sleep per night.
- Manage stress daily. Organize your tasks with a to-do list, do deep breathing exercises to relax, or clear your mind with a walk!

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Decrease your diabetes risk

Exercise regularly

Physical activity can help you lose weight, improve blood sugar control, and decrease your risk of diabetes. Focus on both cardiovascular and resistance training by following the guidelines below:

- **Resistance training:** Do this type of exercise at least twice a week. Use a weight that you can lift for no more than 12 repetitions. Strive for 8-12 exercises for 1-3 sets.
- **Cardiovascular (“cardio”) exercise:** Aim to accumulate 150 minutes of moderate cardio per week. If you have trouble finding time for exercise, break it up into short sessions. Exercise for 10 minutes, three times per day, five days a week.

Remember to warm up before any exercise routine and cool down afterward. Also, talk with your doctor before starting an exercise routine.

Improve your nutrition

Eat a balanced diet

Eating healthy and eating to prevent diabetes are quite similar. These tips can help you achieve a well-balanced diet and reduce your diabetes risk:

- **Keys to a balanced diet:**
 - ½ your plate should be fruits and vegetables
 - ¼ of your plate should be lean protein, such as chicken, turkey, beans and low-fat dairy products.
 - ¼ of your plate should be healthy carbohydrates. Choose whole grains, like brown rice, quinoa, and whole wheat.
- **Drink plenty of water.** Strive for at least 64 ounces per day!
- **Limit high-calorie snack foods** such as cookies and chips.

For more information about creating balanced meals, visit www.choosemyplate.gov.

Too cold to work out?

Indoor fitness ideas

As the weather gets colder, you may be less motivated to exercise. But don't hibernate—bring your workouts inside! Try these ideas:

- Walk or jog up and down the stairs.
- Do squats or jumping jacks during commercial breaks of your favorite TV show.
- Do some bicep curls, using cans of soup as your “weights.”
- Pace or walk in place—a great way to stay active when you're on the phone or waiting for a pot of water to boil.

Remember, consult your doctor before starting any exercise regimen.

What is your favorite indoor fitness activity?

QUIZ: How much do you know about reducing your risk for diabetes?

1. True or false: Lifestyle changes can delay or prevent the onset of type 2 diabetes.
 - a. True
 - b. False
2. For proper nutrition, fill half your plate with
 - a. Meat
 - b. Dairy
 - c. Fruits and veggies
 - d. Candy bars
3. How many minutes of cardio should you aim to do each week?
 - a. 15
 - b. 150
 - c. 1,500
4. On your Wellness website, you can find information on...
 - a. Nutrition
 - b. Exercise
 - c. Stress management
 - d. All of the above