

IN Motion

Wellness Newsletter provided by WELL STRATEGIES INC.

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GRAINS

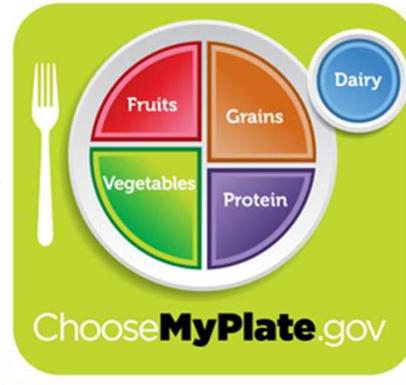
Select whole grains, avoid refined grains.
Keep dietary fiber at 25g or higher

Whole grains contain the entire grain kernel (the bran, germ, and endosperm.)

Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.



National Diabetes Month

For most people, there are 2 simple things you can do to prevent diabetes:

1. **Eat right to maintain a healthy weight** (remember your fruits & veggies!)
2. **Keep your body moving** – engage in physical activity every day, chores, raking leaves, helping others like the elderly, etc...

That's it! Remember, taking care of your body is important to not only feel and look good – it also keeps you healthy by preventing diseases like Diabetes.

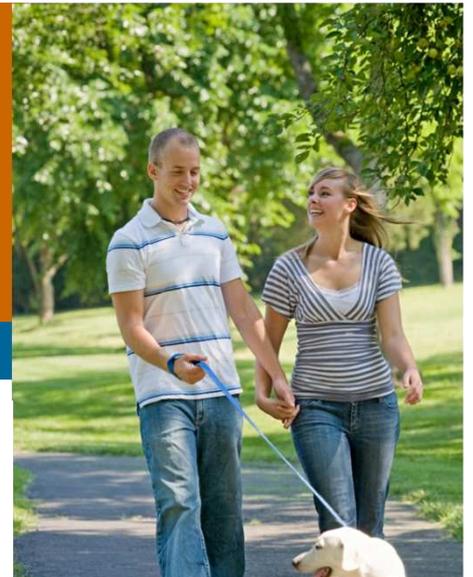
(source: Centers for Disease Control/CDC)

Did you know, before people develop type 2 diabetes, they almost always have "pre-diabetes"? Pre-diabetes occurs when blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. There are 57 million people in the United States who have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes. An A1C Test is a great measure for blood glucose.

A1C Test

The A1C test measures your average blood glucose control for the past 2 to 3 months. It is determined by measuring the percentage of glycated hemoglobin, or HbA1c, in the blood. Check your A1C twice year at a minimum, or more frequently when necessary.

Source: www.diabetes.org



Movement helps the body keep blood sugar level under control.

Total prevalence of diabetes Under 20 years of age

186,300, or 0.22% of all people in this age group have diabetes and about 2 million adolescents aged 12-19 have pre-diabetes

Age 20 years or older

23.5 million, or 10.7% of all people in this age group have diabetes

Age 60 years or older 12.2 million, or 23.1% of all people in this age group have diabetes

Men 12.0 million, or 11.2% of all men aged 20 years or older have diabetes

Women 11.5 million, or 10.2% of all women aged 20 years or older have diabetes

Source: www.diabetes.org



"One must eat to live and not live to eat." -- Moliere

Exercises that work . . .

Split Squats (Stationary Lunges)

Z E J M A N A G E M E N T X S U J X K X
 H R E B Q T B X W N E N Y P N P E R U Y
 Y O F R A G U S D O O L B O U R V Q X D
 E Y P B O E H B V P G Y V S U N A H Z C
 N C A R B O H Y D R A T E S T W C Z F H
 O N E X E R C I S E M B S F L S H R X O
 E I D Z F A A D L D H E I N T J X U V L
 P L K I Z X I F I W R Y O M J W A W O E
 Y U Q E A F H I Z P C O L W H J P Q A S
 T S J U J B F C D Z L T T X T O Z I T T
 Y N H E I E E O C D E O R L L E M S B E
 G I K Z J H O T H O T Q X K M E P P M R
 K T T Y N L P R E U N H K J C Q T Y W O
 F L Y S B M M I C S E S Q Y S D I V T L
 V S I A B S H Y P E R G L Y C E M I A A
 D X E T T P X Q D Q W G L U C O S E R
 Y V C E Z F O S J C O O G Z R M K X A V
 R S A E R C N A P P G W X K G O J Q V P
 L X Y Y Z H T I Y D U R H O S W E Q O L
 Q Y U Q E L X H H F A T D P J U P A C E

See how many words you can find.

Words

Diabetes	Type One	Type Two
Pancreas	Glucose	Exercise
Blood Sugar	Insulin	Blood Pressure
Cholesterol	Management	Carbohydrates
Hyperglycemia	Hypoglycemia	

Execution: Start with the feet shoulder width apart. Take a large step forward by keeping the torso upright. Once foot contact is made with the ground drop hips downward. Continue knee downward until it hits just above the floor. Once this position is completed continue upward in the same path for ten repetitions then switch legs. **Muscles worked:** By doing split squats this improves the quad, glute, and hamstring overall. **Daily Function:** Helps with stairs, running, walking
Suggested Reps: 3 sets of 10 reps
Equipment: wall, towel, bodyweight only, dumbbells if you want



1 Start



2 Lower body



3 Push up using legs and abs

Provided by the **MED FIT Trainers of Spiece Fitness:**
 Chad Keller, Carol Duncan,
 and Derek Frisk.



For information 260-483-1415 or www.spiecefmc.com

Recipe

Zesty Chili Soup

16 oz (1lb) of lean beef (96/4 or 90/10) browned/drained
 1-16 oz bag of pinto beans
 1 each whole onion and green chopped
 1 -8oz chopped fresh mushroom
 1 T. – pepper and garlic powder
 1 reduced sodium taco season pack
 1 24 oz canned diced tomatoes
 1-12 oz can reduced sodium V8
 Add water to make your desired broth texture
 Turn crock pot on high early a.m. and turn to low 2pm

Serve soup with cheese toasties made with whole grain bread and 2% cheese. And sliced apples. Then, send the kids outside to play after they eat. The food will give them energy, movement will help stabilize blood sugars and the sunshine will give them a dose of vitamin D. **Note:** This meal hits 5 food groups—protein, grain, vegetable, dairy, fruit and only takes 15 minutes to prepare.

Our News ...

