



## INSPIRE TO MOVE: Move Over **DIABETES**

Being active helps improve your body and mind, from strong bones to flexible joints, a stronger heart and even lower stress for a better mood. Did you know that physical activity and keeping a healthy weight can help to manage and even prevent diabetes problems?

### REGULAR EXERCISE:

- Has been shown to help manage blood sugar levels over time.
- Helps the hormone insulin absorb glucose into all your body's cells and muscles for energy.

### THERE ARE FOUR KINDS OF IMPORTANT PHYSICAL ACTIVITIES:

1. Aerobic exercise, such as a brisk walk, should be done every day.
2. Strength training, done three times a week, can keep your muscles strong.
3. Stretching, or even better, strike a pose and practice yoga.
4. Regular daily activity including gardening, carrying groceries or cleaning up around the house.

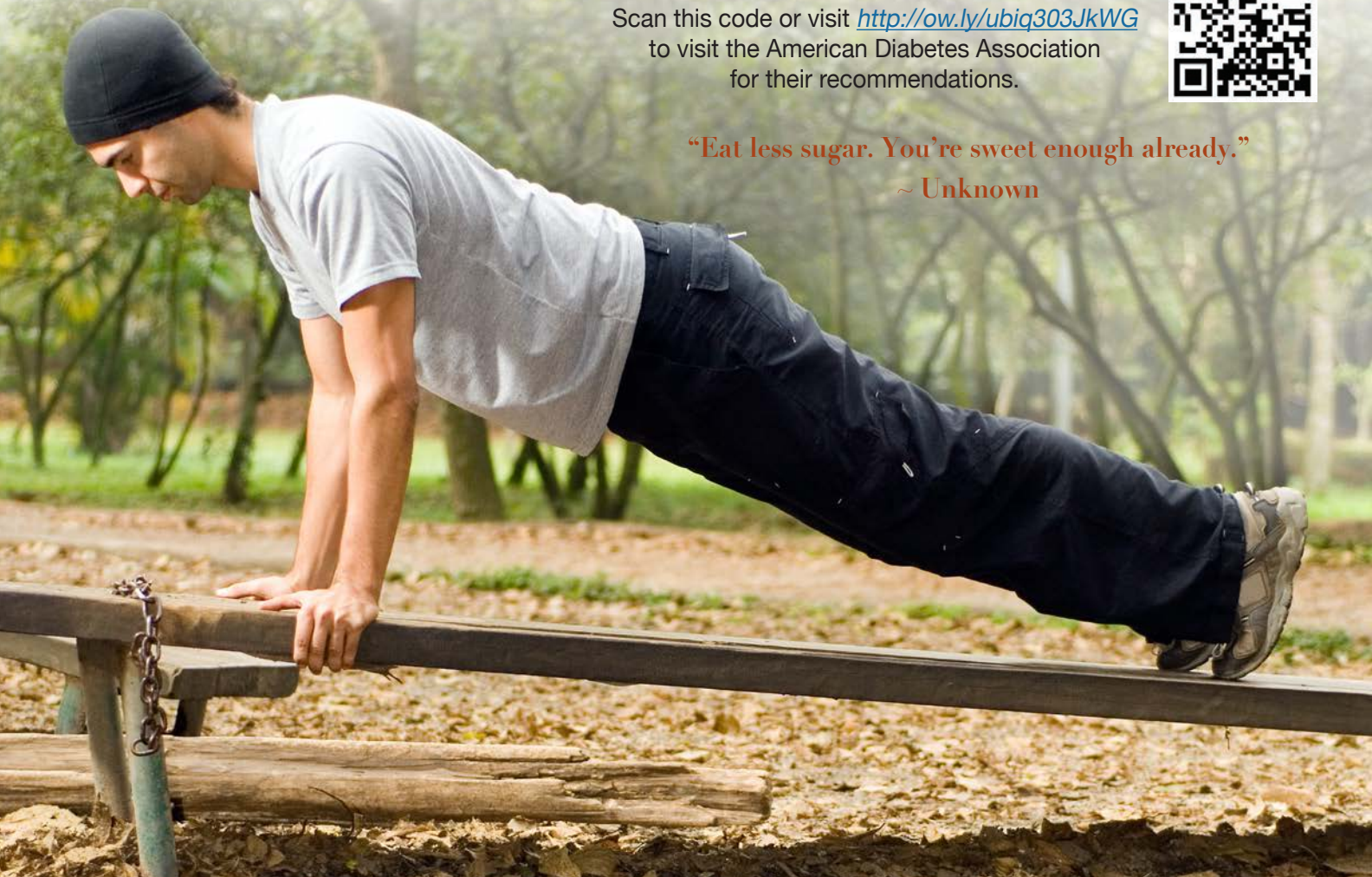
If you have diabetes, talk to your healthcare team before you start an exercise plan, and learn how to plan your meals around your physical activity.

Scan this code or visit <http://ow.ly/ubiq303JkWG> to visit the American Diabetes Association for their recommendations.



*“Eat less sugar. You’re sweet enough already.”*

*~ Unknown*





## Avoid The Afternoon CRASH

You know that afternoon crash you have during a long workday? It's not an unavoidable truth. Eating properly doesn't just keep your waistline trim, it also helps to maintain focus and boost your energy throughout the day. So, how do you avoid the afternoon slump?

**Drink up!** Dehydration takes a toll on all of our body systems. Keep a large water bottle at your desk, and refill it throughout the day. You may be surprised how often you're re-upping on the H2O!

**Bring snacks.** Packing your own foods is a great way to make healthier decisions, but it doesn't stop with meals. Protein and vitamin-rich foods are known to keep energy levels high, so opt for nuts (almonds or walnuts) or fruits and veggies.

**Eat little meals throughout the day.** Eating throughout the day is a great way to avoid the afternoon slump, but make sure to choose the right foods! Protein, fiber and B-vitamin rich foods are ideal for maintaining energy. Also be sure to stay on a schedule. Our bodies are sensitive to changes, and eating at various times with no rhyme or reason can throw off our sleep patterns.

**Limit your caffeine intake.** Most of us just "need" coffee to get through the day. If you can't phase it out of your day, opt for an early afternoon coffee instead of first thing in the morning. This will help to maintain equilibrium throughout the day, instead of jolting yourself first thing in the morning.

The most important rule of having energy throughout the day is getting enough sleep. However, if you still feel that afternoon crash, make some changes in your diet. You may be pleasantly surprised when you find that you are still being productive at 4PM!

**“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie.” ~ Terri Guillemets**



### Maple Glazed Sweet Potatoes

Preheat oven to 400°F. Peel potatoes, then cut into 2 inch pieces and arrange in a glass baking dish. Pour the maple syrup and butter over the potatoes, toss to coat and sprinkle the salt. Bake for 50-60 minutes.

6-8 medium sweet potatoes  
1/3 cup pure maple syrup  
2 tablespoons of melted butter  
1/2 teaspoon sea salt

## GOBBLE GOBBLE

### Down The Healthy Foods

Thanksgiving is a great time to reconnect with our families and sit down to a big meal together. However, Turkey Day meals are often unhealthy and begin a downward spiral of poor choices. Luckily, this doesn't have to be the case.

**To start.** Instead of putting appetizers like chips and dips out, opt for vegetables and a homemade dip made from Greek yogurt instead of sour cream.

**The main event.** Make things from scratch. For the gravy, use the turkey drippings, herbs and a thickening agent instead of the pre-made kind. Make your own stuffing with whole wheat bread, vegetables and cranberries.

**Healthier sides.** Skip the mashed potatoes, and make sweet potatoes or mashed cauliflower instead. Choose carrots or squash instead of pasta. Forget the green bean casserole and serve green beans.

**You don't have to lose the dessert.** Even though most of us are full by the time dessert comes, you don't have to skip it! It's the best part! Choose a tart or pie. Make your own pie crust to use healthier ingredients such as oats and whole-wheat flour.

Just a few simple changes to your Thanksgiving menu can make all the difference. Opting for homemade sides instead of pre-made, might take more time, but it will also keep your family healthier. If the preparation feels too daunting, ask each person to bring something. This will make it fun and encourage wellness for everyone!





## Self-Care For A Sore Throat

Scratchy, itchy or dry, it's that moment that you swallow and feel a slight burn and hope you aren't coming down with something. Don't panic assuming it's a cold, flu or even worse, strep throat, right away. Other causes of throat pain can include allergies, irritants or dry air, cigarette smoke or even too much talking. According to the American Academy of Family Physicians (AAFP), to ease the painful raw feeling of a sore throat:

- Try gargling with warm saltwater.
- Drink some warm tea with a little honey or soup.
- Take a lozenge.
- Reduce inflammation with ibuprofen or acetaminophen.

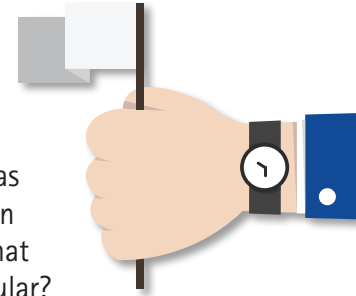
AAFP also recommends seeing a healthcare provider if you have:

- A temperature over 101°F.
- White spots on the throat.
- Great difficulty swallowing.
- Trouble breathing.
- A skin rash.
- Recent exposure to someone with strep.



Scan this code or visit <http://ow.ly/GZCP303LoLa> to see a complete list of symptoms and the use of a symptom checker flowchart.

## The Time Has Come To QUIT



Unhealthy behaviors can often be disguised as our way of "unwinding." A glass of wine or an unhealthy meal is fine in moderation, but what happens when they get to be a little too regular?

We often think of unhealthy behaviors as more obvious things like smoking cigarettes, but they could be hiding in our more "passive" indulgences. What do you do when it's time to cut back or quit?

**Have a goal.** If you feel you've been "unwinding" too much with a bottle of wine or unhealthy foods, have a specific goal. Maybe that goal is allowing yourself to indulge only on weekends, or maybe it is having a "dry month" to reset your habits. Whatever your goal is, make sure it is specific and lay out a plan.

**Don't overwhelm yourself.** If you are a smoker who also copes with stressful situations by indulging in unhealthy eating habits, don't quit both at the same time. Start with one behavior. Once you put the first goal behind you, it will be much easier to move on to the second one.

**Hold yourself accountable.** Let a friend or family member know what you are doing, and ask them to hold you accountable. Make sure they keep you focused on one goal at a time and encourage you when you need it. The support will help you to be strong when the process gets difficult. Hold yourself accountable as well!

**Ask for help.** If you don't think you can do it on your own, ask for help. Reach out to a professional, call a hotline or consult your doctor. Having the guidance of a professional will help you avoid becoming overwhelmed.

Although it takes commitment, realizing you have to make healthier decisions is the first step in focusing on your wellness.

**"It matters if you just don't give up." ~ Stephen Hawking**



Scan this code or visit <http://ow.ly/4LZF303LqzX> for making lifestyle changes that last.



## To Avoid A Sore Throat:

- Wash your hands often.
- Avoid contact with people with sore throats, colds/flu and other respiratory infections.
- Avoid smoking and exposure to smoke.



## Do Something *DIFFERENTLY?*

No matter the situation, you are the only one who can change your life. The process of change begins the very moment you think about something differently. Instead of:

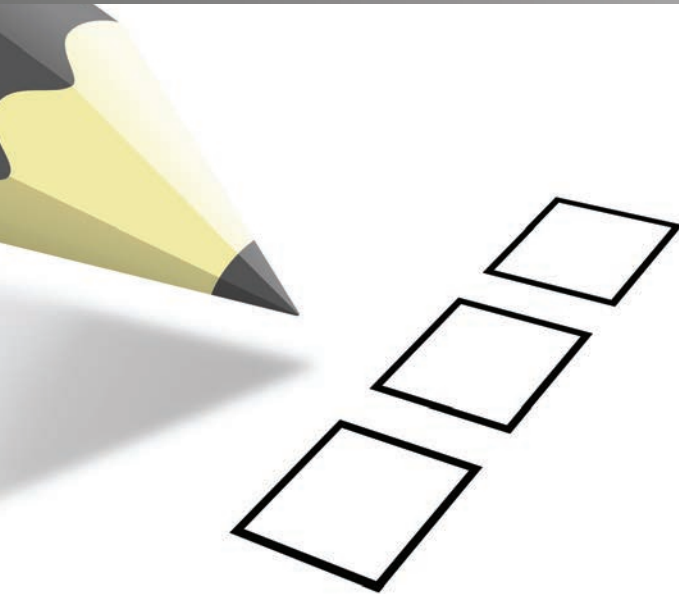
- Wishing things were different – be at peace with where you are, as your beginning.
- Assigning blame to others – understand the decisions you make every day impact outcomes.
- Reacting – pause and be conscious of what kind of energy you are directing at something or someone.

If life seems to have a recurring pattern that keeps landing you in the same negative situation, ask yourself if your typical responses are getting you anywhere besides in an emotional rut? You have the choice to respond differently. Learn to choose differently with small actions, and the result will be small shifts in response.



*“They are the weakest, however strong, who have no faith in themselves or their own powers.”  
~ Christian Bovee*

## TAKE OUR QUIZ!



1. Physical activity can help manage diabetes by:

- A. managing blood sugar levels over time.
- B. helping insulin absorb glucose into the body's cells and muscles.
- C. both A and B

2. Which is not a suggestion to ease the pain of a sore throat?

- A. gargling with warm saltwater.
- B. drinking warm tea with honey.
- C. humming your favorite tune.

3. Which statement is most true, according to “The Time Has Come to Quit” article:

- A. unhealthy behaviors are okay if they help you unwind.
- B. healthy coping skills can replace unhealthy behaviors.
- C. it's best to give up all unhealthy behaviors all at once.

THE ANSWERS ARE: 1. C. 2. C. 3. B.

