

WEEKEND HEALTH TIPS



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November 6, 2015

What you should know about Diabetes

American Diabetes Association

November is Diabetes Awareness Month. Living with Diabetes is not easy, no matter what your age or diagnosis, but millions of Americans will be told in the coming year that they have it. Diabetes Mellitus is "a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and or use insulin." Insulin is a hormone needed to convert sugar, starches and other food into energy for daily life.

There are many myths about diabetes that make it difficult for people to believe some of the hard facts – such as diabetes is a serious and potentially deadly disease. Here are the facts:

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Fact: Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Fact: Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that you need to count in your meal plan. Wondering how much carbohydrate a person with Diabetes can have? A place to start is about 45-60 grams of carbohydrate per meal. However, each person may need more or less carbohydrates at meals depending on how their diabetes is managed.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

If you're new to type 2 diabetes, join the American Diabetes Association's: Living With Type 2 Diabetes

program. To get more facts, www.diabetesforecast.org and 1-800-DIABETES are go-to resources offering meal planning, shopping tips, grocery lists, chef's preparation secrets & delicious recipes!



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Turning Couch Time Into a Workout!

Tufts Health & Nutrition Letter, Sept., 2015

With the weather getting colder, chances are you may be spending more time on the couch watching some of your favorite fall shows. Don't let this slow you down! Here's a great workout you can do during the commercials!

It's simple to do: Start with the first exercise and work your way down the list, switching to the next movement with each new commercial. When you've completed the list, start at the top again! (This would count for the strength portion of your exercise points too!)

- **Leg Lifts, 15 each side**
- **Wall sit for the entire length of the commercial**
- **20 sits-ups/crunches**
- **Jumping jacks for the entire length of the commercial**
- **Planks for the entire length of the commercial**
- **20 squats**
- **10 pushups-traditional, modified (on your knees), or using a wall**
- **20 lunges**
- **Leg swings, forward & back, 10 each side**

**A YEAR
FROM NOW
YOU WILL
WISH
YOU HAD
STARTED TODAY**

**YOU HAVE TO GET UP
Every morning
& tell yourself
"I CAN DO THIS"**

**BELIEVE THAT
success
IS YOUR ONLY
option**

@PUSHMEDAILY

*If you're tired of
starting over,
STOP giving up!*

THE
DIFFERENCE BETWEEN
TRY & TRIUMPH
IS JUST A LITTLE
UMPH!

Fun Facts Corner

Did you know.....

The American Cancer Society (ACS) has changed their recommendations for mammography. ACS now recommends to begin screening at age 45. The cancer society guidelines are intended only for women with an average risk of breast cancer, not those at higher risk because of such factors as genetic mutations or personal or family history of the disease. They also recommend that after 45, women have mammograms every year until age 54 and then have them every other year.

White & brown eggs are nutritionally the same. Shell color is determined by the breed of hen, with brown & red hens laying brown eggs.— Tufts Health & Nutrition Letter, Aug., 2015

ATTN TOBACCO USERS! The Great American Smokeout is Thursday, November 19th. Why not think about kicking the tobacco habit on a day set aside just for you? Click [HERE](#) for some resources to assist you.

RETHINK that COKE! A 20oz. Bottle of Coca Cola has more sugar than a large Cinnabon!



Smart Strategies for Healthy Eating Out

Tufts Health & Nutrition Letter, Sept., 2015

Mexican Restaurant ordering tips: don't overdo the chips. Before you know it, you can easily eat more than 500 calories. Put a few chips on your plate & then shove the basket out of arm's reach. Choose grilled items when you can. Add flavor to these dishes with salsas & grilled vegetables. Take advantage of ordering a-la carte. Drink wisely. A typical margarita is loaded with sugar & calories. Choose soft tacos instead of hard, choose corn (a whole grain) instead of flour tortillas. Ask the kitchen to hold or reduce the cheese. Skip the tortilla shells and fried strips with salads.

Italian Restaurant ordering tips: Make marinara sauce (or light tomato sauce) your go-to sauce. Along with pasta, munch on a healthy garden salad to fill yourself up. Those red-pepper flakes in the shaker on your table will add zip without adding calories. Decline the bread basket before it even hits your table. Ask if a vegetable can be added to a pasta dish. Ask the chef to hold or go easy on the cheese, bacon, and olives.

Chinese Restaurant ordering tips: Try hot Chinese mustard or chile sauce for dipping instead of sweet or soy sauce-based condiments. Choose steamed brown rice instead of fried rice. Eat family style, ordering fewer dishes than there are diners. Use chopsticks to slow down your eating, particularly if you haven't mastered them yet. Ask to have extra veggies added to a dish, even if it means paying a bit more. Order dishes in which the protein is sautéed rather than breaded and deep-fried.

*Looking for great savings at Local Restaurants?

"I use www.restaurant.com for finding great discounts on local dining options!" They have a wide array of different restaurant options: **3 Guys & a Pizza Pie, Twisted, Lola's (50% savings!), Weimann's Sports Center, and 3 Guys & a Grill.**
(Submitted by Sarah Seifert)

Wellness Events/Activities:

NEW!! November Wellness Challenge—25 points!!

The Gift of Gratitude Challenge will kick off in November! The challenge will be 6 weeks long (Nov 22—Jan 2). Each week will feature a fun new activity! We will be distributing the sheets during the November School Visits so be sure to stop in and see us!

Hold for the Holidays - Weigh Ins: Nov 20-Nov 25th.

Pay \$10 to enter. Weigh in with Jeri. Maintain your weight throughout the holidays within 2 pounds. Weigh back in with Jeri Jan 4-Jan 8. If you're within 2 pounds, you will get your \$10 back. If not, we keep the \$10 and divide the rest among the employees/spouses who maintained their weight.

In-Service for Employees New to SASD Insurance

We will be hosting the following wellness initiative in-service dates for employees new to SASD insurance. The sessions will be hosted in the Board Room at Central Office.

November 16th: 4:00—5:00pm

November 17th: 6:30—7:30am

November 17th: 4:00—5:00pm

Beat the Pack Continues through December

Each morning after the game, an email with the required minutes will be sent with the link for you and your spouse to record your weekly minutes. Spouses will have their own separate link.

What's New in School Nutrition:

Students had the opportunity district wide to participate in The Great Lakes Great Apple Crunch. SASD students were a part of over 148,000 students and 49,000 adults from over 434 schools in 137 school districts who participated. Apples for the Great Apple Crunch in Sheboygan were purchased from Appleland Apples in Fredonia, WI. The purpose of the event was to expose kids across the state to local apples. (*Meredith Duchaine SASD RD*)

Employee Recipe of the Month

Easy Caramel Apple Salad Submitted by *Nicole Schumacher*

“At this time of the year we're eating a lot of apples, and are looking for ways to get rid of our children's Halloween candy. Here is my recipe submission for the employee recipe of the month”:

- 1—3.5 oz. box of Butterscotch Pudding
- 1—8oz. Container of Cool Whip
- 1 Can of Crushed Pineapple (optional)
- 3 Granny Smith Apples (diced)
- 1 c. Dry Roasted Peanuts
- 4 Fun Size Snickers Candy Bars (cubed)

Mix box of pudding, cool whip, and pineapple together. Add apples, peanuts, and candy bars. Chill before serving.

Healthy Substitutions: You can also use Sugar Free Pudding and Light Cool Whip as alternatives.

***Submit your healthy recipe each week; If yours is chosen you will receive a \$5 Farmer's Market gift certificate**



Classes

Nikki's Bootcamp

FREE...Mondays 4:30-5:30
Room 116 at South
Intermediate & beginners.

Yoga

FREE YOGA at South on
Tuesdays beginning Sept
15th!

3:30-4:30

4:30-5:30

NEW! Sunrise Yoga

FREE YOGA at Urban
November 4, 11, 18 and
December 2
6:00—7:00am

Strength & Conditioning

FREE.....Horace Mann
Fitness Center Wednesdays
at 4:30-5:30pm

For above classes, contact
Nikki Hiebing
547-4210, ext 118 or
nhiebing@interrahealth.com

Zumba with Penny Willems:

Jackson School 4:30-5:30 (no
3rd Tuesday class) Drop-ins
are welcome (\$3.00/class)!

PICKLEBALL—Join the
exercise craze at Jefferson
School on Thursdays
6:30-8:30 PM

Rec Dept News:

Fall classes have started. Don't forget the SASD discount: Attend 75% of this session of your Rec. Dept class, have the instructor sign a voucher and you'll receive \$25 off your next class!!