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HealthyLife[®] Letter

Promoting Health. Enhancing Life. Reducing Costs.

Exercise on a BUDGET

Don't let gym memberships, personal training fees, or the cost of the latest exercise gadget weigh you down. Exercise is about moving, stretching, lifting, bending, breathing – things you can easily do at home. Or simply walk – around the block, at a mall, or on a local school's track.

Get started

Start with a few simple stretches to warm up your muscles. If you need help, go online for how-to instructions on everything from stretching to full routines. You can also find exercise tools to track your progress.

No equipment necessary

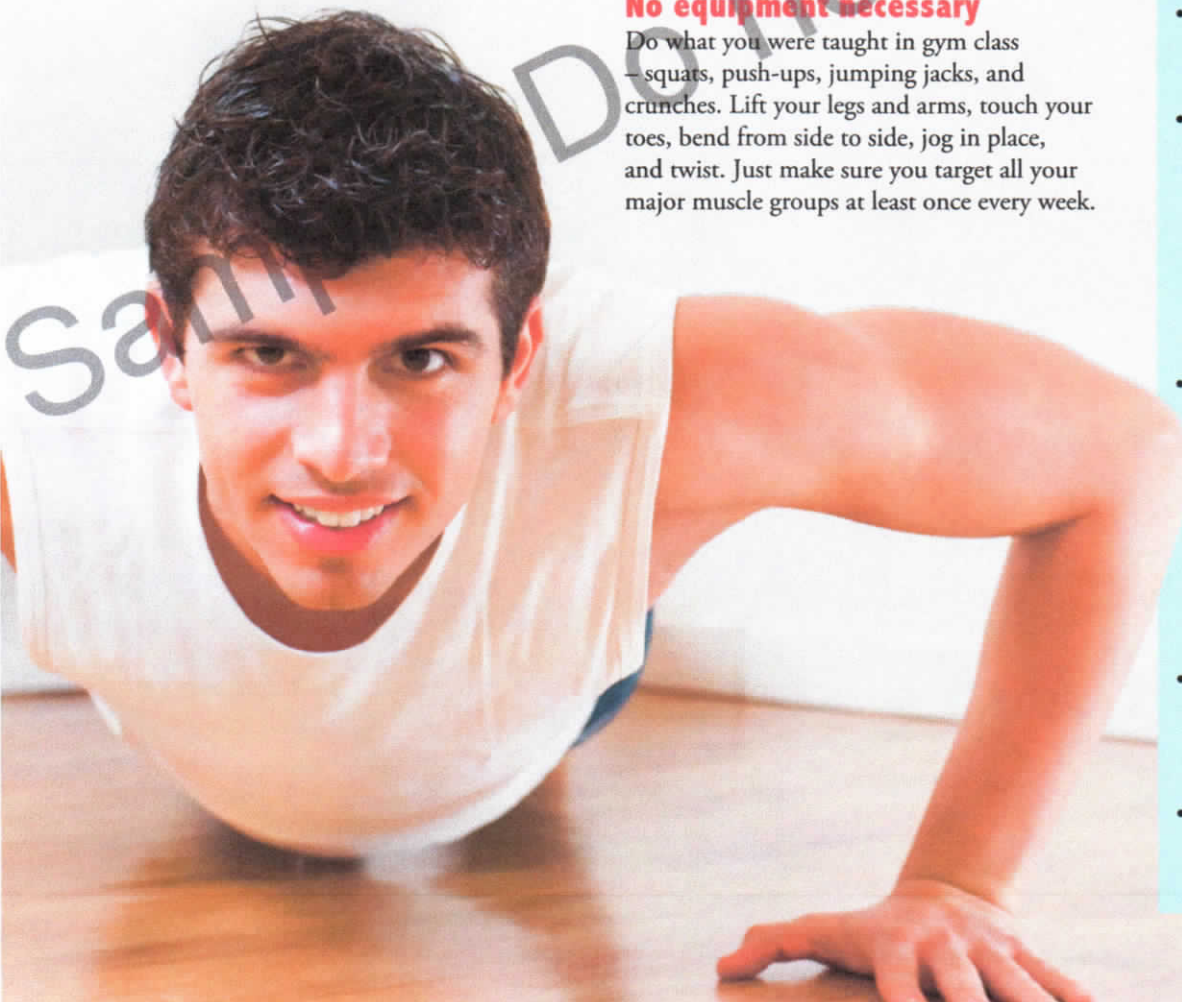
Do what you were taught in gym class – squats, push-ups, jumping jacks, and crunches. Lift your legs and arms, touch your toes, bend from side to side, jog in place, and twist. Just make sure you target all your major muscle groups at least once every week.

No free weights? Try these substitutes

- Use cans instead of dumbbells to exercise biceps and triceps.
- A gallon jug filled with water, sand, or powdered detergent is just as effective as a **Kettle Bell** for squats and arm lifts.
- Put a paper plate under one foot and lunge forward. You can also attach plates to both feet with rubber bands to simulate skating. Or, get down on all fours, put the plates under your hands and slide them back and forth for a great chest workout.
- Pantyhose stretch just as well as resistance bands for rowing and stretching routines.
- A low, sturdy stool or a bottom stair can be used for a step exercise routine.



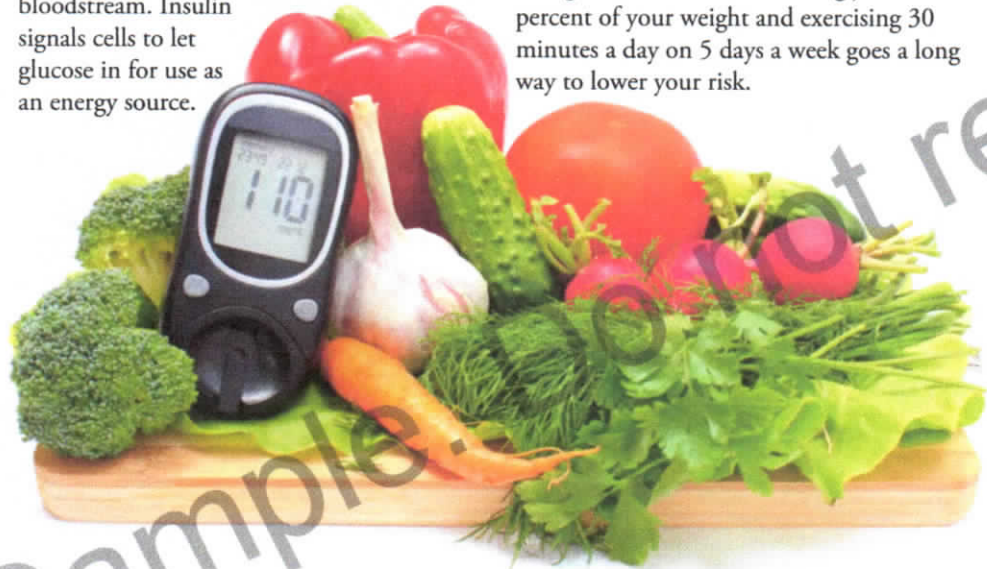
Kettle Bell



PREVENT DIABETES

Diabetes may run in your family, but you can avoid or delay its development.

You can reduce your risk for type 2 diabetes by eating a healthy diet, getting plenty of physical activity, and losing excess weight, according to *NIH in Health*. Type 2 diabetes occurs due to problems related to a hormone called insulin. When your body digests food, it's broken down and converted to glucose and other molecules, which then travel through the bloodstream. Insulin signals cells to let glucose in for use as an energy source.



In a person with type 2 diabetes, either the body's cells have trouble using insulin or the body isn't making enough insulin. As a result, glucose can build up to harmful levels in the blood. That's why people with diabetes often have high blood glucose levels.

These high levels raise your risk for heart disease, kidney problems, blindness, amputations, and other serious conditions.

Being overweight, obese, or inactive increases the risk to develop type 2 diabetes. You can change these risk factors. Losing just 5-10 percent of your weight and exercising 30 minutes a day on 5 days a week goes a long way to lower your risk.

STEPS TO PREVENT DIABETES



- **Move more.** It doesn't matter what activity you do, as long as you enjoy it.
- **Choose healthy foods.** Eat fiber-rich fruits and vegetables.
- **Maintain a healthy weight.** With healthy eating and physical activity, you can drop pounds and keep them off.
- **Set reasonable goals.** Start with small changes, even walking 15 minutes a day. Add 5 minutes per day next week and so on. Goal: 30 minutes, 5 days a week.
- **Record your progress.** Keep a diary of what you eat and drink and the number of minutes you exercise to stay focused on your goal.
- **Keep at it.** Making even small changes is hard in the beginning. If you get off track, start again.

Best exercise for people with diabetes

The best exercise for anyone with diabetes may be a notch above a casual walk, according to Jamie Cooper, assistant professor of nutritional sciences at Texas Tech University.



"A person should exercise to the point when they're breathing a little bit harder and sweating a little bit—then they know they're working more intensely," Cooper said.

The type of exercise really doesn't matter as long as you're moving and getting some exercise on a regular basis. Finding something you enjoy and are motivated to do is probably more important than a specific type of exercise to treat diabetes.

"It's not something you just do once a month or for a couple of weeks and quit. It has to be something you adapt into your new, healthier lifestyle and do on a regular basis," Cooper said.

Healthier at Home
 (Note: Many topics like the one on this page are contained in a medical self-care guide, such as Healthier at Home® and/or addressed by a nurse advice line if you have access to one. They can help you make better decisions about when to seek professional assistance and when you can treat yourself at home using self-care.)