



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

WELLNESS NEWSLETTER

November: Diabetes

HEALTHY EATING SERIES: Monday 11/17 at 5 pm @ RUTGERS: "Healthier Home Cooking"

What is DIABETES and who is at risk?

Issue: November 1, 2014

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

Early diagnosis and treatment of prediabetes may prevent the progression to type 2 diabetes as well as associated complications such as heart and blood vessel disease and eye and kidney disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds — and it's never too late to start.

Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage.

Tips for Taking Control:

- 1) Get more physically active
- 2) Get plenty of fiber
- 3) Go for whole grains
- 4) Lose extra weight
- 5) Make healthy choices

While excess weight is the leading risk factor, even people of normal weight can develop the disease if they carry too much fat in their abdomen.

Moderate physical activity of even 30 minutes a day, five or more days a week, is helpful and can even be broken up into 10-minute segments. A loss of 7 percent to 10 percent of body weight can be effective.

So don't delay — eat healthy and get moving!

(Ref: ndep.nih.gov; cdc.gov; colostate.edu; mayoclinic.org)

What's Happening?

National Healthy Eating Day: Healthy snack samples will be offered...

- 11/3 at Social Services Bldg 11:30-1 pm
- 11/5 at the Wellness Center 11:30-1 pm

A special INTRO TO TAI CHI class will be held at the Wellness Center on Nov 18th at 4:45. All are welcome !

"Life begins at the end of your comfort zone"
(Neale Donald Walsch)



WE'RE HAVING A DODGE BALL NIGHT !



Employees and family are invited to join our first evening of **FUN!** Form your teams & get ready to challenge others. Team uniforms (colored t-shirts) are encouraged but not required.

Register with Jean Whalen by Nov 12th. Uniforms (colored t-shirts) are encouraged but not required. Registration forms can be printed from cmcwellness.org. **DATE: Wednesday Nov 19th 5 PM**

LOCATION: Lockwood Center at the 4-H Fairground

Questions/Contact: Jean Whalen 463-4139 (Park/Zoo) at 465-5271.

Dodge ball is a great game to play for exercise and fun! Don't be scared ... No one uses the old school hard playground balls anymore. We will use soft Nerf balls that are coated. This creates an easy-going playing level where everyone can join in!



FLU SHOT ?

In case you missed out on our employee flu shot clinics . . . Amerihealth Administrators covers at 100% (no co-pay!) the cost for a flu vaccine given by a participating provider.

* The **"Great American Smokeout"** is November 20th *

~ YOLO ~
Live with passion and purpose !