



HEALTHY AT 80

www.communityhealthdayton.org

May 2015

Take Control—of your blood sugar!

*Did you know... Managing your blood sugar can help you **prevent AND manage** type 2 diabetes. It is important to understand what can make your blood glucose rise or fall, so that you can take steps to stay on target. Talk to your doctor or nurse practitioner about blood sugar goals that are appropriate for you.*

Things that can make blood sugar go up:

- A meal or snack with more food or more carbohydrates than usual
- Inactivity
- Changes in hormone levels, such as menstrual periods
- Stress

Things that can make blood sugar go down:

- A meal or snack with less food or fewer carbohydrates than usual
- Extra physical activity
- Missing a meal or snack

<http://www.diabetes.org/are-you-at-risk/lower-your-risk/?loc=atrisk-slabnav#sthash.MwB2csBk.dpuf>

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80



Community Health Centers of Greater Dayton—Your Medical Home

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Setting a Goal You Can Achieve!

For each goal, think about four things:

- 1) **Keep it short.** How long will you try to reach this goal?
- 2) **Keep it realistic.** Is it easy to do in your regular daily life?
- 3) **Keep it specific.** Is it limited in scope?
- 4) **Make a schedule.** How often will you do this?

Let's look at 3 examples of realistic goals:

Eating: For the next month (how long), four days each week (how often) I will eat two pieces of fruit a day — one at breakfast and one as an afternoon snack. (realistic and specific).

Eating: The next five times (how long) I go to a fast food restaurant (how often), I will order a small French fries and a single hamburger, rather than a large French fries and double hamburger (realistic and specific).

Physically active: For the next month (how long), four days each week (how often) I will take a 15 minutes walk after lunch (realistic and specific).

One Step at a Time...

*There are many things we are told to do to reach and stay at a healthy weight and prevent or manage type 2 diabetes: Choose healthy foods, make healthy meals, be active 30 minutes a day. But where should you start? **It's easier to make lifestyle changes one step at a time—over months and years.** Making changes one step at a time gives you the best chance to reach and stay at a healthy weight and prevent or manage type 2 diabetes.*

What Are You Ready, Willing, and Able to Change?

- ⇒ Think about your current eating and activity habits. What foods do you buy? How active are you? Try to keep honest food records for a few days to get a true picture of what you eat. Based on your current habits, start with a few changes that are easy to tackle.
- ⇒ Pick some changes that you want to do the most, and that will make the biggest impact. Perhaps choose one change in your eating habits and another in activity. Remember; don't try to change everything at once.
- ⇒ For example, maybe you tend to eat a bowl of ice cream every night while you watch TV. Can you switch that ice cream to a healthier snack? Maybe fruit or a small bowl of cereal? Or just a smaller portion of ice cream. And can you take 15 minute break from the TV and go for a walk?

What would a healthy exercise schedule look like?

Monday —> 30 minutes of vigorous walking

Tuesday —> Rest Day

Wednesday —> 30 minutes of sweat-inducing dancing or kick boxing, such as Zumba or using a punching bag

Thursday —> 20 minute power walk or jog

Friday —> 60 minutes of vigorous walking or a water aerobics class

Saturday —> Rest Day

Sunday —> 30 minutes of strength training using resistance bands and hand weights

For a post workout pick me up, try something like 2 tablespoons of natural peanut butter with an apple the size of your fist, or a yogurt topped with 1 tablespoon of sunflower seeds!



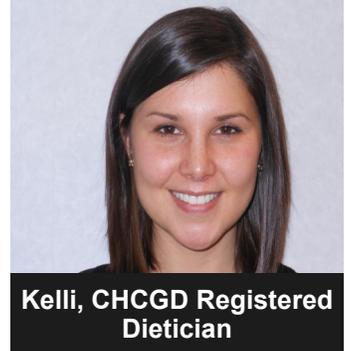
fit
is **not** a
destination.
it is a
way
of life

happilymaintaining.tumblr.com

Nutrition Bites!

Managing blood sugar can be a daunting task, especially when you are first diagnosed with Diabetes. Whether you have Type 1 or Type 2 Diabetes or are working on preventing Diabetes, regular physical activity is a huge component of managing blood sugar. Regular physical activity not only helps burn calories for weight management, it also uses the sugar in your blood as an energy source. Be sure to discuss your physical activity goals with your doctor before getting started.

According to the American Diabetes Association 2014 Standards of Care, adults with diabetes should engage in moderate-intensity exercise, such as a brisk walk, for at least 30 minutes a day at least 5 days per week. If you are able and your doctor says it is safe, adults with type 2 diabetes should do resistance training, such as lifting weights or using resistance bands, at least twice per week



Kelli, CHCGD Registered Dietician



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Delicious & Nutritious

This month's recipe is a super flavorful topping for any protein or vegetable! Chimichurri is a combination of herbs, lime juice, olive oil, spices, onions, and garlic. It makes an excellent topping for grilled steaks or baked chicken, a great dipping sauce for homemade pizzas, and combines well with roasted vegetables. This recipe made enough to use for a week! You can also freeze and store individual servings in ice cube trays to use as a quick meal starter when you are in a rush. You can easily switch up the flavors by using different herbs.

CHIMICHURRI SAUCE

- 1 bunch of fresh cilantro
 - 1 bunch of fresh flat leaf parsley
 - Juice of 2 limes
 - 2 garlic cloves
 - 1/4 of a medium sized onion
 - 1 tsp ground cumin
 - 1/2 tsp salt
 - 1 tsp pepper
 - 1/4 cup olive oil
 - 1/3 cup water (or more if needed to help the sauce blend and thin out)
- ⇒ In a food processor or blender, puree all the ingredients until combined. This stores well covered in the fridge for up to a week!



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

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