



FOUR WINTER EXERCISE IDEAS .

BY RACHEL SAVIEO

Colder weather doesn't mean you have to put your fitness plan on hold. Use this time of year to get creative and build resilience in your fitness routine to get your workout in regardless of the weather. Here are some ideas to get started:

Get active at home. Try things like jumping rope, pushups, tricep dips, crunches, planks, lunges, and bicep curls.

Play racquetball. Racquetball is a great way to switch up your routine from the treadmill. Burn calories while using every muscle in your body to shift quickly to the ball.

Try indoor rock climbing. You will challenge your strength, coordination, endurance, and balance; and develop problem-solving skills and trust in others.

Sources: Active. active.com/fitness/articles/5-indoor-workout-ideas-during-winter. Accessed 18 September 2017.
Spark People. sparkpeople.com/resource/fitness_articles.asp?id=1594. Accessed 18 September 2017.

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Play in the snow. You'd be surprised how many calories simple winter activities can burn in one hour:

- Making snow angels: 214 calories
- Snow ball fights: 319 calories
- Building a snowman: 285 calories
- Ice skating: 450 calories

Winter can be a great time to mix up your workouts and try new, fun activities. Exercise can also help you beat the winter blues, so don't use the changing weather as an excuse.

Smart Facts

60 MINUTES

of jumping rope burns 750 calories for a person weighing 150 pounds.

45%

more calories are burned snowshoeing than walking or running at the same speed.

30 MINUTES

of shoveling snow burns 223 calories for a person weighing 155 pounds.

Sources: Livestrong. livestrong.com/article/301177-the-number-of-calories-burned-when-shoveling-snow. Accessed 18 September 2017.
Winter Trails. wintertrails.org/snowshoe/health-fitness. Accessed 18 September 2017.



EXERCISE AND DIABETES .

BY JENNA MEARS

It's estimated that more than 30 million people in the United States have diabetes. You may think diabetes relates only to what you eat and drink, but exercise habits greatly impact management and control of the disease. Physical activity can:

- Help lower blood glucose and other biometric measurements such as blood pressure, HDL cholesterol, and triglycerides
- Lower your risk for pre-diabetes and type 2 diabetes
- Relieve stress (which impacts glucose levels)
- Improve blood circulation and muscle tone
- Keep your joints flexible

The American Diabetes Association activity guidelines for 2016 call for a more active lifestyle and recommend three or more minutes of light activity every 30 minutes during long sedentary periods. Light activity can include:

- Leg lifts or extensions
- Desk chair swivels
- Side lunges
- Overhead arm stretches
- Torso twists
- Walking



Set your alarm to get up, stretch, or walk around the house or office every 30 minutes.

You may now be asking yourself what kinds of physical activity are best. A complete routine calls for four kinds of activities:

- 1. Continuous activity.** Set your alarm to get up, stretch, or walk around the house or office every 30 minutes.
- 2. Aerobic exercise.** For diabetes maintenance and prevention, aim for 30 minutes a day, at least five days a week. If you haven't been active recently, start small with five to ten minutes each day instead of 30; or split up your total exercise time into smaller, more frequent segments.
- 3. Strength training.** With more muscles, you burn more calories. Strength training should be done several times a week. Consider lifting weights at home, or joining a class that uses weights and elastic bands.
- 4. Flexibility exercises.** Stretch gently for five to ten minutes to warm your body up for a workout, and to cool down afterward. Yoga is a great form of exercise for flexibility.

Sources: American Diabetes Association. diabetes.org/newsroom/press-releases/2016/ada-issues-new-recommendations-on-physical-activity-and-exercise.html. Accessed 5 October 2017.

DIABETIC HEALTH PLAN CONSIDERATIONS.

BY JOHN THOMAS

If you have diabetes, you likely also have a lot of medical costs. With glucose monitoring, medication, supplies, doctor visits, and more, the expenses can really add up. Many of these costs are ongoing, meaning you'll constantly be paying someone. That's why it's important to know your options when it comes to health benefit plans. No one can tell you what plan to choose, but keeping the following factors in mind when looking for a benefit plan may help you control costs.

Deductible. High deductible plans are prevalent these days, designed with occasional major medical expenses in mind. Someone with diabetes should consider a low deductible plan, but you'll have to balance that lower deductible against a higher plan cost.

Co-pay. Many current plans also have high co-pays, which is okay if you don't have frequent expenses. For diabetics, though, even a modest co-pay can add up in a hurry.

Maximum allowance. This one can be especially important. Some plans limit coverage for durable medical goods, including insulin pumps, blood sugar monitors, and blood sugar test strips. Make sure your maximum allowance covers what you need.

Coverage for education and prevention. Diabetes self-management will be more successful if you have access to ongoing diabetes education and counseling.

Prescription Drug Plan. Medicine plays a big role in diabetes management. You'll want a prescription plan that gives you access to all the necessary medications with the best cost coverage. Make sure the plan includes coverage for supplies (syringes, diabetic strips, etc.) that you will need regularly.

Health Savings Account (or Flexible Spending Account). For the costs that aren't covered by your insurance – including many non-prescription medications – a Health Savings Account allows you to protect your bottom line by paying for many healthcare expenses with pre-tax dollars.

Wellness and diabetes monitoring. Regular doctor visits are essential to diabetes management, because diabetes can spark other health problems. Look for a plan that will make it affordable to get regular check-ups.



November is National Diabetes Month

Approximately 30.3 million people in the United States have diabetes. As such, November is a month to not only call attention to this condition, but the impact it has on families, friends, and communities. Check out the National Institute of Diabetes and Digestive and Kidney Diseases' resources to help you promote awareness at tinyurl.com/y9aczkd.

Source: American Diabetes Association. diabetes.org/diabetes-basics/statistics. Accessed 27 September 2017.

HARVEST OF THE MONTH: GRAPEFRUIT

BY MECHELLE MEADOWS

Thirsty? Try a grapefruit! While this fruit is well known for its bitter taste, it's 92% water, which makes it a great choice for hydration. It also impacts your overall cholesterol by helping lower LDL, the "bad" cholesterol, as well as triglycerides. While all grapefruit have the same basic health benefits, bright red and pink ones have higher levels of antioxidants, specifically beta carotene and lycopene. As a word of caution, however, remember that grapefruit should be avoided while using allergy medicines, such as Claritin or Allegra, as it can have negative interactions with these kinds of drugs.

How to Select

Grapefruit should be evenly shaped, bright in color, and without any soft spots. The heavier the fruit, the more indication of how juicy it will be. You can use your nail to slightly scratch the surface of the skin, and if you can smell a bright, citrusy aroma, the grapefruit will be at its peak flavor.

How to Store

Grapefruit can be stored at room temperature, but keeping them in your refrigerator's crisper drawer will help them stay ripe for a longer period of time.



How to Prepare

Cut into a grapefruit the same way you would any citrus fruit and enjoy as is, or by juicing.

Sources: Health. health.com/food/grapefruit-facts#grapefruit-intro. Accessed 3 October 2017.
LeafTV. leaf.tv/articles/how-to-choose-a-grapefruit. Accessed 3 October 2017.



Recipe: Mixed Green Salad with Grapefruit and Cranberries

Ingredients (makes 12 servings):

2 red grapefruit	6 cups baby spinach
¼ cup extra virgin olive oil	1 14-oz. can hearts of palm drained and cut into bite-size pieces
2 Tbsp minced scallions	⅓ cup dried cranberries
1 Tbsp white wine vinegar	⅓ cup toasted pine nuts
¼ tsp salt	
¼ tsp freshly ground pepper	
8 cups torn butter lettuce	

Directions:

1. Remove the skin and white pith from grapefruit with a sharp knife. Working over a bowl, cut the segments from their surrounding membranes.
2. Cut the segments in half on a cutting board and transfer to a large salad bowl.
3. Squeeze the grapefruit peel and membranes over the original bowl to extract ¼ cup grapefruit juice. Whisk oil, scallions, vinegar, salt, and pepper into the bowl with the grapefruit juice.
4. Add lettuce, spinach, and hearts of palm to the salad bowl with the grapefruit segments. Just before serving, toss the salad with the dressing until well coated. Sprinkle cranberries and pine nuts on top.

Nutrition Information:

PER SERVING: 162 calories; 11 g fat (1 g sat); 3 g fiber; 15 g carbohydrates; 3 g protein; 105 mcg folate; 0 mg cholesterol; 8 g sugars; 3 g added sugars; 4,656 IU vitamin A; 30 mg vitamin C; 73 mg calcium; 2 mg iron; 205 mg sodium; 425 mg potassium

Source: EatingWell. eatingwell.com/recipe/252472/mixed-green-salad-with-grapefruit-cranberries/. Accessed 3 October 2017.