

# WALK THE TALK

## EMPLOYEE WELLNESS NEWSLETTER

November 2017



### November is National Diabetes Month!

Before people develop type 2 diabetes they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

There are no clear symptoms of prediabetes, so, you may have it and not know it.

Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes.

If you have prediabetes, you should be checked for type 2 diabetes every one to two years.

Results indicating prediabetes are:

- An A1C of 5.7% – 6.4%
- Fasting blood glucose of 100 – 125 mg/dl
- An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl

Are you at risk for prediabetes? Find out:

<https://doihaveprediabetes.org/>

Source: <http://www.diabetes.org/are-you-at-risk/prediabetes/?loc=atrisk-slabnav>



Join the 11th annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. This **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season. What gifts await you this holiday season?

- Weekly Newsletters
- Daily Tips
  - Survive a holiday party
  - Host a healthy Thanksgiving
  - Manage holiday stress
- Weekly challenges
- Healthy holiday recipes
- Prizes and weekly winners
- Support through social media
  - Share progress in a private Facebook Community
  - Recipes on Pinterest
  - Tips and updates on Twitter and Instagram
- Support group on MyFitnessPal.com
- Free webinar by Dr. Carolyn Dunn of NC State University
- A Worksite Guide for employers
- Virtual walking race for some friendly competition to boost motivation!

**The Holiday Challenge runs from November 13 through December 31.**

Register: <https://esmmweighless.com/holiday-challenge-registration/>

# RECIPE OF THE MONTH

## Sweet Armenian Cucumber Apple Salad



It's apple month! Celebrate with this cucumber apple salad from Mesita Elementary in El Paso, TX! Through La Semilla Edible Education they learned different culinary concepts. This recipe was all about different types of cuts for cooking.

### Ingredients:

1 melon diced in small pieces  
2 small zucchini cut in julienne style  
3 apples cut in a brunoise style  
1 cucumber (Armenian) cut in julienne style  
1 cup of pomegranate seeds

### Glaze:

1/4 cup of honey  
4 small limes juiced  
1/4 cup of water  
1/4 cup of fresh mint (chiffonade style cut) pinch of sea salt (stir for one minute)

### Directions:

Mix together and share!



Do you have a recipe you would like to share?

Email [foodtools@healthiergeneration.org](mailto:foodtools@healthiergeneration.org) or tweet us [@rdjill](https://twitter.com/rdjill) or [@pe4\\_u](https://twitter.com/pe4_u).

## Thanksgiving Swaps!



Dish	Instead of...	Try...
Turkey	Frying	Rub with herbs. Add onion, celery, carrots, or apples to the roasting pan.
Stuffing	A heavy hand with the butter and salt	Sub whole grain bread, pack in the veggies, flavor with low sodium broth and spices.
Sweet Potatoes	Tons of butter and salt and a marshmallow topping	Add some zing with citrus zest and juice; use oats and your favorite nuts for topping.
Green Vegetable	Again with the butter and salt! Using bacon or grabbing the fryer from the cabinet	Go bold with herbs, lemon juice, or balsamic vinegar. Bring out flavor by roasting! Try a batch of Brussels sprouts!
Cranberry Sauce	Sugar laden cranberry sauce	Fresh cranberry relish.
Rolls	White Dinner Rolls	Whole Grain Dinner Rolls
Dessert	Traditional Pumpkin Pie	Pumpkin Parfait – mix pumpkin, vanilla yogurt and a dash pumpkin pie spice. Top with granola and whipped cream.



## Move More to be Healthy for Good!

To help people create lasting change in their health, the American Heart Association launched **Healthy For Good™**, a revolutionary movement built on four core ideas: *Eat smart. Add color. Move more. Be well.*

It's a mantra, really. Simple words to live by, every day, to be your best you.

It's simple, but it's powerful. Built on the 90+ years of knowledge cultivated by the American Heart Association, this is science-based information translated into you-based motivation. Our mission is clear: to improve lives. We believe all people deserve the opportunity, the knowledge and the tools to choose to be healthy. We're focusing on simple tips, tools and hacks for healthier living that everyday folks can actually use.

The science is clear. Being physically active on a regular basis can help us maintain health and wellbeing, avoid illness and disease, and live longer. But changing behavior patterns and sustaining new healthy habits doesn't come easily to most people. Your patients and clients may need reminders about how to get motivated, why walking counts, or how to make it feel less like a chore. They may need more opportunities to get active at work, school or where they worship.

Move More, one of the four pillars of Healthy For Good, shows people easy ways to be more physically active every day, on their terms, in ways that align with their interests, needs, and preferences. One-size-fits-all doesn't work here, because we know many factors can influence the success of a workout plan.

Create a physical activity plan you'll stick with:

**Make it yours:** Lean into your own personality to get into the groove. Your favorite music, your ideal time of day, and activities you actually enjoy are more likely to keep you motivated.

**Be comfortable:** Make sure you have the right gear for each activity for added comfort and support. That may mean a new sports bra, moisture-wicking shirt, or shoe inserts.

**Break it up:** It's OK to break up your total physical activity goal into shorter sessions. Aim for at least 150 minutes per week. A few 10-minute bursts throughout the day can get you there without feeling overwhelming.

**Build it in:** Create space in the natural flow of your life to add activity so it doesn't feel like a chore. Sneak it into quality time with family and activities you're already doing.

**Give it time:** It can take a while for a behavior to become a habit. Try to be active around the same time each day – even if you don't go all out every time – to help the routine stick.

**Keep going:** If you miss a day or a workout, don't worry too much about it. Skip the guilt and focus on what you will do tomorrow!

Adapted from: <https://health.gov/news/blog-bayw/2017/10/move-more-to-be-healthy-for-good/>



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