

# Diabetic Monthly

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Gunnison Valley Homecare 45 East 100 North Gunnison, Utah 84634  
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## How to Live Your Life to the Fullest !!!

*By Angie Merchant*

Diabetes does not have to rule your life. Of course there are changes that must be made when you are diagnosed with diabetes, but dealing with those changes can make all the difference in the world. It is important to remember that diabetes affects you as a whole person - Physically, mentally, and emotionally.

April Support Group will help you to better care for all aspects of your diabetes. Sometimes we just need to be reminded of those things we need to do and given permission to do them. There are many things that can be done to help prevent complications of diabetes, and make our lives better. This meeting will be an informative and "Feel Good" meeting. I would like to invite everyone to join us.

For those of you who are new to the Diabetic Support group, they are FREE of charge. Meetings will now be held in both Gunnison and Monroe. It is my goal that everyone benefits from the information that is taught. I appreciate all input, comments, and suggestions. I also look forward to getting to know each one of you.

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HAPPY EASTER

## April Support Groups

Gunnison Support Group will be held:

Gunnison Homecare Building at 45 East 100 North Gunnison

**April 21, 2009 at 3:00–4:00 pm**

Monroe Support Group will be held:

South Sevier Senior Citizens Center at 140 West 100 South Monroe

**April 28, 2009 at 1:00–2:00 pm**

## When is the Best Time to Exercise?

A frequently asked question is, "When is the best time to exercise?" The most important thing to remember is that you need to schedule physical activity into some time of your day. That being said, scheduling it first thing in the morning may guarantee success. How many of us find ourselves saying at the end of the day "I'm too tired, I'll do it tomorrow"? So for that reason alone, starting your day with a workout may ensure a habit of daily exercise being formed.

### EARLY MORNING WORKOUT BENEFITS:

1. Better work performance. Many people believe that starting the day off with exercise ensures better participation at work. When you exercise in the morning, you are releasing stress. Releasing stress may help you focus and be more energized for whatever the day brings you. Exercising increases the blood supply to your brain; so another reason for early morning exercise is to get your mind ready for whatever the day brings your way.
2. An increased metabolic rate. This allows our bodies to burn calories more efficiently. This benefit can last from 4-8 hours. By exercising in the morning you will reap the full benefit of this, but if you exercise late in the day some of this benefit will be lost while you are sleeping.
3. Experience a better night's sleep. A study at the Fred Hutchinson Cancer Institute found that those who exercised in the morning experienced better quality sleep than those who exercised later in the day. Working out in the morning may also help regulate your internal clock, focusing the body to be active during the day and restful at bedtime. Exercising first thing in the morning will allow you to have a period of downtime and relaxation before going to bed, thus improving your sleep.
4. Exercise releases endorphins. These are chemicals in our body that decrease pain levels and elevate our mood. It is our reward for enduring the pain of a workout. Daily exercisers describe it as a euphoric experience or a feeling of calmness. Beginning your day with an energy boost and a feeling of well-being will have a positive effect on the remainder of the day.

So if you are struggling to get that daily workout, try getting up a bit earlier and doing your workout early in the day. Give it a month and see if you find that your motivation to workout has increased. This is the perfect time to start your exercise program as the weather is finally warming up and the days are longer.

### Goal Setting:

The best place to start is to set realistic goals. If the goals you set are too difficult or too vague, then you will be more likely to not accomplish those goals. Start your goal setting off with exercise that you know you can accomplish. Be specific; such as, "I will walk for 15 minutes at least 5 days each week." As this exercise becomes easy, set new goals. Another good idea is to start with activities that you enjoy or have enjoyed in the past. You will be much more likely to follow through with the activity if you enjoy what you are doing.

**GOOD LUCK AND HAVE FUN!!!**

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## Diabetes Health Checklist

Remember, YOU are the captain of your team. You know more about yourself than anyone else. Your role is vital in the daily care of your diabetes. It is important to follow the plan of care suggested by the American Diabetes Association.

Daily	Monitor your blood sugar  Follow a healthy meal plan  Exercise  Examine your feet
Every 6 months	Dental Exam  A1C check (more often if you are on insulin or have trouble controlling your blood sugar)
Once a year	Complete history and physical exam  Blood check for lipids and serum creatinine  Urine sample for protein and microalbumin  Eye exam  Flu vaccine  Pneumonia vaccine (usually, once a lifetime)

## Tip of the Month

**Question:** Why do I have to drink 6–8 glasses of water a day?

**Answer:** Water is vital to every process and system in your body. It keeps you healthy. When blood glucoses run high, you're at risk of getting dehydrated because your body tries to flush out the extra glucose in your blood through urination. The flushed out fluids need to be replaced. If they're not, you get sick. Be sure to drink water throughout the day. Why not get a measuring cup and check the amount of water that your favorite drinking glass or water bottle will hold? You can make this the week you add more water to your routine. Coffee and sodas are diuretics and remove water from your system. Drinking plain water is the **best** way to get the fluid you need.

## Busy Day Breakfast Burrito

*Serves 4/Serving Size: 1 burrito*

PREP TIME: 5 MINUTES

COOK TIME: 3 MINUTES

### Ingredients:

1 ½ cups egg substitute

4 6-inch flour tortillas

14 cup picante sauce

½ cup shredded, reduced-fat, sharp cheddar cheese.

### Nutritional information:

Calories: 203 Calories from fat: 53g

Total fat: 6 g Saturated fat: 2 g

Cholesterol: 10 mg Sodium: 643 mg

Total Carbohydrate: 21 g

Dietary Fiber: 1 g Sugars: 2 g

Protein: 16 g

### Instructions:

1. Place a small nonstick skillet over medium heat until hot. Coat the skillet with nonstick cooking spray, add egg substitute, and cook, without stirring, until egg mixture begins to set on bottom, about 1 minute.
2. Draw a spatula across the bottom of pan to form large curds. Continue cooking until egg mixture is thick but still moist; do not stir constantly.
3. Place the tortillas on a microwave-safe plate and microwave on HIGH for 15 seconds or until heated. Top each with equal amounts of the egg mixture.
4. Spoon 1 tablespoon salsa evenly over the egg on each tortilla, sprinkle with 2 tablespoons cheese, and roll up.

**Cooks Tip:** Use extra -sharp cheddar cheese for a more intense cheese flavor. In general, this is a great way to stretch the cheese flavor in recipes without adding fat or calories.

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