

# Diabetic Monthly

April 2013

Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## April Support Groups: *Fitness*

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I want to thank Melissa Argle for teaching our March support group she did a fantastic job and everyone in attendance learned a lot from her.

This month's topic will be fitness. Doctor GJ Wilden will be teaching this month's support group. He will have some great ideas on how to start your exercise program or add to your existing one. As we all know exercise is an important part of staying healthy. Write down your questions and bring them with you to support group.

Remember you don't need to be a diabetic to come to support group. So bring a friend, a neighbor, or a family member. They can be a great support in helping you with your goals. We look forward to seeing you at support group.

May support group to be announced

## Support Group Schedules

### Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

April 16, 2013 at 3:00 – 4:00 pm

### Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe  
No Support group this month in Monroe. Join us in Gunnison.

## Don't Let Diabetes Get In Your Way

Taken from ADA

Just because you have diabetes doesn't mean you have to sit on the sidelines. Get advice on what to consider and how to talk to your health care team about getting active.

### Tip of the Day

#### Question

Can exercise cause my blood glucose to drop hours later?

#### Answer

Yes.

Depending on the intensity and duration of your activity, you can burn glucose for up to 24 hours after exercise.

With long or hard exercise, you use glucose stored in your liver for fuel. After the exercise is over, your body wants to replenish those glucose levels as soon as possible. If there is no food available, the glucose is pulled from your blood stream, which can cause hypoglycemia.

To help prevent low blood glucose, check your blood glucose about every 45 minutes after a hard workout and gauge whether your blood glucose is going down, going up, or leveling off. If it is going down, eat a few carbs and keep checking until you level off

- Talk to your health care team about which activities will be safe for you. Your health care provider's advice will depend on the condition of your heart, blood vessels, eyes, kidneys, feet, and nervous system.
  - Tell your provider if you have pain in your chest.
  - Talk with your provider about joint or bone problems that make it difficult for you to exercise.
  - Ask your provider about how increasing your activity level might impact any medicines you take for diabetes, blood pressure, and/or heart problems.
- Decide how you'll keep track of your progress. You may find it motivating to write down what physical activity you've done each day. Some people enjoy using a pedometer to see how far they've walked.
- Choose what you'll do and make detailed plans. Think about what activities are realistic for you and choose the ones you think you can do. Start slowly. Your activity should be somewhat challenging but not overly difficult.
- Plan to have water and snacks handy during activity. Drink plenty of water before, during, and after activity. If you are at risk for low blood glucose, always carry a source of carbohydrate to so you'll be ready to treat low blood glucose.
- Wear a medical identification bracelet, necklace, or a medical ID tag to protect yourself in case of emergency.



"Jim was diagnosed with diabetes, and his doctor says he needs to keep active, so I hide his TV remote three times a week."

## Fresh Air, Fresh Start

Taken from ADA

Fresh Start = Fresh Air

Let's do the math. There are 1440 minutes in a day. Experts say we only need to exercise for 30 of those minutes. So why is it so hard to get motivated?

For those of us who ditched our New Year's Resolution to exercise more, spring offers a perfect opportunity to start fresh. Warmer weather, more daylight, and the new scenery spring brings could be just what the doctor ordered to jump start our desire to get active.

Here's the low down on some benefits of outdoor exercise:

1) **That sure went by fast!** Being active outdoors can be distracting. Often times you can forget that you are exercising if you are enjoying nature's scenery

2) **Say goodbye to SAD** – Being outside can help put you in better spirits, especially if you had a gloomy winter. Seasonal Affective Disorder (SAD) is more common than you think, but usually goes away with the arrival of warmer months. 3)

**We've heard these before** – While you have probably read about these benefits in the past, they still hold true. Physical activity can:

- Lower your blood glucose, blood pressure, and cholesterol.
- Reduce your risk for heart disease and stroke.
- Relieve stress.
- Strengthen your heart, muscles, and bones.
- Help insulin work better.
- Help with losing, and keeping off, weight.
- Keep your joints flexible.

You know the benefits, but how do you get started? Remember, it is only 30 minutes a few days a week. You don't even have to do all 30 minutes at the same time! Here are some ideas:

- **Walking** – The cheapest and simplest way to exercise is putting one foot in front of the other. All you need is a pair of sturdy, well-fitted shoes.
- **Gardening** – Pull some weeds or plant some flowers.
- **Hiking** – You don't need to climb Mount Everest to enjoy the benefit of walking in the woods. Don't forget to bring a snack and wear layers.
- **Frisbee** – Who knew throwing around a disk could be so much fun (and so cheap!)?
- **Swimming** – You don't need to do the 100-meter butterfly to enjoy the benefits of swimming. Even treading water or kicking your feet along the side of the pool will give you a good workout.
- **Boating** – Canoeing or kayaking in your community or on your next vacation is a great way to see the sights from another angle.
- **Playing** – Take your kids or grandkids to the park. Climb on the ladders or swing across the monkey bars with them. Play tag or hide-and-seek.

Now that you are armed with ideas for exercise, here are some other things to keep in mind:

- **Drink up** – Be sure to drink plenty of water before, during, and after your activity.
- **Shoe fetish** – It's all about comfortable, properly sized shoes. If you are unsure of what type of shoe you should use, talk to your health care team.
- **Keep an eye out** – If you take insulin or a medication that can cause hypoglycemia, check your blood glucose levels before and after your activity, and periodically during exercise if it will last longer than an hour.
- **Supply and demand** – If you are exercising for more than 30 minutes, supply yourself with a snack to keep blood glucose levels in check.
- **Chance of sun 100%** – Apply SPF 30 sunscreen at least 30 minutes before exercising outdoors – and reapply often. Protect your eyes with sunglasses that block the sun's UV rays.

## Boar's Head® Turkey Waldorf Salad

A savory combination of sweet, salty, and crunchy

Number of Servings: 1 (267.34 g per serving)

### Ingredients

2 oz romaine lettuce  
1 oz cucumber without skin (1/2" diced)  
1 tbsp green seedless grapes (halved)  
1 tbsp red seedless grapes (halved)  
1 oz celery (1/4" diced)  
1 oz sliced apples (red apple, thin slices in lemon juice)  
1 tbsp chopped walnuts  
1 oz spring mix lettuce  
2.5 oz Boar's Head® Our Premium Lower Sodium Turkey - skinless

### Preparation

Combine ingredients and serve with Ranch dressing. For a more healthful option, use reduced-fat ranch dressing or dress with oil and vinegar and fresh herbs.



### Nutritional Information

Calories: 169.85  
Total Carbohydrates: 13.03 g  
Dietary Fiber: 3.28 g  
Total Fat: 5.90 g  
Saturated Fat: 0.76 g  
Trans Fat: 0.04 g  
Cholesterol: 26.93 mg  
Sodium: 469.30 mg  
Protein: 18.11 g  
Vitamin A: 3011.86 IU  
Vitamin C: 22.24 mg  
Calcium: 66.27 mg  
Iron: 1.63 mg

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