

# LIFESTYLE



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## Timely Information for Personal Success

### Take Control of High Blood Sugar

By *Tim Lencki*

By choosing the right foods, exercising regularly, maintaining a proper weight, reducing stress, and controlling blood sugar, persons with diabetes *can* make living with this disease easier. The following is an overview of healthy lifestyle habits to consider:

❖ **Exercise** – Being physically active is very important in managing type 2 diabetes. In addition to helping control blood sugar, weight and blood pressure, exercise can also raise levels of good cholesterol and lower bad cholesterol. Together, these factors can reduce an individual's risk of developing complications associated with diabetes.

❖ **Healthy diet** – Healthy eating habits are important in controlling diabetes. Consult with a nutritionist or dietician to determine the diet that's best for you. Guidelines include a well-balanced diet with plenty of fruits, vegetables, and whole grains. It's also a good idea to monitor carbohydrate intake through carb counting or food exchange lists.

❖ **Healthy weight** – Being overweight is the number-one risk factor for type 2 diabetes. Reducing your weight by even a little can significantly reduce your risk of developing diabetes. For those who already have diabetes, weight management can slow its progression and reduce the risk factors for various complications.

❖ **Stress** – Hormones produced in prolonged stressful situations can keep insulin from working properly. However, relaxation and stress-reduction techniques can be effective in controlling diabetes.

❖ **Other advice** – Check blood glucose levels daily. Monitoring is critical for controlling complications. It's also important to check your feet daily for cuts, sores, blisters, etc. Don't smoke! Enough said! ❖

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**Editor's note:** This article should not be construed as a substitute for medical diagnosis or treatment. Consult your doctor for the health tips best for you.*

### Nutrition Tips for the Outdoors

With summer looming on the horizon, you may be thinking about planning some outdoor activities. If hiking and camping is on your agenda, this article is for you!

For those of us who live in northern states, getting outside in the fresh air after a long winter is a welcome thought! In addition to the physical benefits, hiking and camping also present a bonding opportunity for families.

#### Nutrition Tips

Putting some thought into how you will fuel your body while hiking will help you get the most out of your outdoor adventure. Here are some suggestions for a healthy and enjoyable experience:

❖ **First and foremost is hydration!** If you find yourself out in the middle of nowhere without

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Healthy Recipe: Chopped Greek Salad with Chicken

INGREDIENTS:

- 1/3 cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill or oregano
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2-1/2 cups chopped cooked chicken
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded, chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

Tip #1: If you don't have cooked chicken, poach 1 pound chicken breasts for this recipe.

DIRECTIONS:

1 Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in large bowl. 2 Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta cheese. 3 Toss to coat.

NUTRITIONAL VALUE:

- Calories per serving: 343
- Carbohydrates: 11 g.
- Protein: 31 g.
- Sodium: 618 mg.
- Fat: 18 g.
- Saturated fat: 5 g.
- Fiber: 3 g.

Tip #2: Place boneless, skinless chicken breasts in medium skillet or saucepan. Boil. Cover – reduce heat until chicken is no longer pink in middle – about 10 to 15 minutes.

Remember, for confidential assistance call:



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Questions and Answers

How Fast Should I Walk?

Q: I know that walking is good for you, but what about how fast I walk? In other words, does the intensity of my walking program matter?

A: There are many benefits associated with sticking to a walking program. The most important point to consider is consistency. With consistency, over time you will see results.

Regarding your question about the intensity – or speed – of your walk, the energy expended varies only slightly with your actual pace. For example, a 150-pound person walking at a pace of 2.5 mph may burn about 100 calories in 30 minutes. While walking at 3.5 mph for 30 minutes, the same person may burn just 125 calories (i.e. 25 more calories). Certainly, walking at a faster pace can burn more calories.

However, it's important to point out that you need to walk at a pace that is comfortable for YOU and compatible with your fitness level. Even if this is not very fast, don't worry about it. As your fitness level increases, so can your pace.

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Take Control of High Blood Sugar

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any water, you could be asking for trouble. This is especially true if it is a hot and humid day. Prepare by bringing extra fluids above and beyond what you think you may need. Sure, it will weigh you down; however, severe dehydration will cause you more trouble than a few extra pounds on your back.

When you are deciding what foods to bring, it is important to consider the resources you will have available. Will you be able to have a campfire? How long will your hikes be? Will they be day hikes or multi-day hikes into the wilderness? How much will you have to carry and how far? A few foods to consider include:

- > Instant oatmeal;
- > Dried fruit;
- > Granola bars;
- > Powdered milk;
- > Trail mix;
- > Jerky;
- > Tuna;
- > Baby carrots; and
- > Various nutrition bars to name a few.

The important thing to remember is to include a protein source, whole-grain carbohydrate, fruit, and vegetable for each main meal. In addition, consider a healthy carbohydrate source for your midday snack to keep you fueled.

Summary

The summer months provide a great opportunity to get outside and get active. Take advantage of it, and have some fun!

- Tim Lencki

