



# GREENE COUNTY HEALTHY LIFESTYLES COALITION NEWSLETTER

## NOVEMBER IS NATIONAL DIABETES MONTH *from www.oceanup.com*

November is National Diabetes Month and it is also the fifth anniversary of Nick Jonas finding out that he was battling type 1 diabetes. Nick chatted with Family Circle about his condition: *November is National Diabetes Month and it is also the fifth anniversary of Nick Jonas finding out that he was battling type 1 diabetes. Nick chatted with Family Circle about his condition: At first I was afraid. I didn't know if I was going to die. But once I realized the disease can be managed, I started to feel better. Getting diabetes gave me an opportunity to inspire people who may be feeling the way I felt when I first got diagnosed, unsure and alone. I want adults and kids to know that there are new tools that make living with the disease easier than ever. For example, I love using Bayer's USB contour meter. It tracks my blood sugar for me and plugs into my computer, so I can send my numbers electronically to my doctor or whoever needs to see them.*

*Awkward telling friends you are diabetic? I'm not ashamed. It's not something I could have helped or even something I want to hide. It has*



*become a part of my everyday life and a part of who I am. Being honest about the disease with people who are close to me is key to being comfortable with it myself.*

*Anyone else in your family have diabetes? Actually, yes. I've never talked about this before, but my grandfather was recently diagnosed with type 2 diabetes. It was such a shock. First I felt sad for him, because*

*it's not something that's fun to live with, but he's strong enough to get through it. Now that I know a lot about diabetes, I can help him. We were always close, but sharing this disease makes me feel connected to him in a different way.*

*What advice would you give to kids living with diabetes? Rely on others. You can be the most independent person in the world, but if you ever need help, don't be afraid to say so. Is it hard juggling acting and two bands?*

*Nah, it's fun. My goal is just to stay true to myself. I was starting to write songs that were stylistically different than Jonas Brothers music, so I ventured out with the Administration to see where it takes me. So far it's been a gratifying experience.*

*What's planned next for you and your brothers? It's all up in the air right now. But there will be a lot coming from the Jonas family in 2011, whether it's stuff we're doing together or separately, so look out for it!*



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## FUEL FOR YOUR WORKOUT *adapted from www.active.com*

People need to practice not only what they eat but also when and how much to eat before they exercise. From day 1, start training your intestinal tract by nibbling on a pretzel, a cracker or other fuel to enhance stamina and endurance. Grab a small snack just 5 minutes pre-exercise and the food will get put to good use, as long as you are exercising at a pace that you can maintain for more than half an hour. Try a banana before you put on your jogging shoes. Research



*suggests you can eat an energy bar either 15 or 60 minutes before moderate exercise and gain a similar energy boost.*

*If you plan to exercise for longer than 90*

*minutes, plan to consume not only a pre-exercise snack, but also additional carbs to maintain a normal blood sugar*

*(a mid-workout fueling session). If your blood sugar drops, you'll lose focus, lag on energy, yearn for the workout to end and fail to get the most from your effort. Some athletes prefer liquid carbs (sports drinks) while others prefer granola bars, dried fruit or a chunk of bagel and some water.*

*Rapid refueling is most important for people who do double workouts and will be exercising within the next 6 hours. Muscles are most receptive to refueling within an hour after a hard workout, so the sooner you refuel, the sooner you'll be ready to roll again. Athletes are encouraged to refuel soon after working out. You will feel better, have more energy and curb your appetite. Plan to back your training into a meal, enjoy breakfast after your morning workout instead of waiting to eat at the office. These tips will help you perform faster, stronger and longer.*

### Leftover Turkey?

**TRY THIS:** Chop 1 medium onion; soften in a little oil, with 1 tsp paprika. Add 1 large potato, peeled and chopped and 4 cups stock. Add vegetables that you enjoy (carrots, zucchini, etc.). Bring to boil and simmer for 10-15 minutes, until the potato is nearly tender. Add 8 oz leftover cooked turkey to soup, simmer for a few more minutes. Allow to cool a little, then puree in a blender or eat it as it is!

# GREAT AMERICAN SMOKEOUT 2010

The American Cancer Society is marking the 35<sup>th</sup> Great American Smokeout **November 18th, 2010** by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

For FREE information and resources call 1-800-227-2345.



## EMPOWERED NOW

You are just a moment away from the highest level of enthusiasm and effectiveness you've ever known. You are just a moment away from the most empowering positive attitude you've ever experienced. You can choose your perspective, you can choose your outlook, and you can choose your attitude. The moment you make the choice, whatever you choose is yours.

It doesn't matter what you've experienced or how you've felt for the last hour, or month, or year. In the next moment you can be feeling precisely the way you choose to feel.

What perspective would best serve you right now? What attitude would enable you to create the most value out of your current situation?

You are just a moment away from being the most highly motivated person you know. Choose now to be that person.

Your greatest success begins right now. Choose the positive, empowering perspective that will bring it to life.

## SAVE THE DATE

2ND ANNUAL

## SPRING HAS

## SPRUNG

- 9 am race begins; ends at the Greene County Combined Health District beside GMH.

- "Diaper Dash" Fun Run for ages 5 and younger at 8:30 am.

- Medals for the top 3 male/female in each age category.

HEALTHY FAMILIES 5K RUN/WALK

- T-shirts for all entries received by March 11, 2011.

MARCH 19, 2011



- Healthy refreshments available.

- Great opportunity & fun for the whole family, as well as first-time runners/walkers.

- \$15 per person if pre-registered by March 11, 2011  
\$20 per person after 3/11, including day of race.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. —WHO

## RUN SMART *Adapted from www.active.com*

**Lose the shoes!** Running barefoot naturally causes you to take shorter strides and land with a midfoot strike, which reduces a certain amount of impact. Ironically, in an effort to prevent injury, you can create some if you chuck your shoes without a plan. For every 100 people who run barefoot, one will have an injury right off. Get evaluated by a doctor or physical therapist to see if you're a candidate for running barefoot. Try this at-home test: Stand on a flat surface with your hands on your hips and your weight on one foot. Hold that position for 30 seconds. Try to maintain that with all your toes on the ground, and without raising the inside of the foot. Test the other leg. Then take a break, and do it again with your eyes closed. If the inside of your foot and big toe come up off the ground, you use your trunk to maintain balance, or if you fall, that suggests a lack of control of the muscles in your feet and need to do some work before you remove your shoes. If you fail the test, the test becomes the exercise. Do it as often as you can. **Train Movements.** Do workouts that connect one body part to another. Instead of a knee extension or hamstring curl, do a body weight squat, and you'll connect the ankle to the knee to the hip. Other great connectors: lunges, push-ups, pull-ups. Try to incorporate five different types of movements in your gym workouts each week: pulling/rowing; pushing/pressing; squatting/lunging; rotational/bracing. **Train in all directions.** If you want to run well, you have to practice running. Basically, "3-dimensional" training creates connections that rehearse the little inefficiencies out of your run. When you get tired, you might start to drop your hips or swing your shoulders. Strengthening in other planes can help you control those movements so keep everything moving forward. Look at where you break down as fatigue sets in. Spend your gym energy shoring them up. **Run as fast as you want, not as fast**



**as you think you can.** Tune into how running fast feels in your legs, what it sounds like in your breathing, and what it speaks in your head. If you look down at your device and see you're approaching 5K pace, you might begin to fear that you will blow up or not be able to hold it. But you just might be breaking through in that workout. Learn how to define what's truly hard for yourself. Many athletes look to coaches or formulas to tell them what hard is by heart rate, or pace. Hard is hard. You run hard. Until you connect to that, you will not run as fast as you want to; you'll run as fast as someone tells you to go. Then, listen to what you're saying. You may be focusing on the negative (I am so slow) rather than the positive (I am getting stronger; this is a solid starting point). Running fast is so much about managing the physical pain; there is no hiding behind equipment or conditions; it's usually just you and the pavement. Your legs must be strong, but your head must be stronger. To know your limits, be willing to test them. The best athletes take logical risks in training so they know how far they can go in racing. Don't be surprised if it's farther than you thought.

### About the Coalition

It is the mission of the Greene County Healthy Lifestyles Coalition to provide and promote healthier lifestyle choices in Greene County.

Coalition meetings are held at GCCHD and are open to anyone interested in health, nutrition and fitness. Meetings in 2011 are:

- JANUARY 24TH
- MARCH 21ST
- MAY 16TH
- JULY 18TH



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