

Diabetes

November



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

November is National Diabetes Month

In the United States, 24 million people are living with diabetes and 57 million more are at risk of developing type 2 (Adult onset) diabetes. Over time, if it's not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk for type 2 diabetes if you:

- ◇ Are over 45 years old.
- ◇ Are overweight.
- ◇ Exercise less than 3 times a week.
- ◇ Have high blood pressure or high cholesterol.
- ◇ Have a parent, brother, or sister with diabetes.

YOU can lower your chances of getting type 2 diabetes by:

- ◇ Reducing your weight if you are overweight.
- ◇ Being active—Exercise 30 min. 3-5 x per week.
- ◇ Controlling your blood pressure and cholesterol.
- ◇ Eating Healthy—Natural foods. Avoid saturated and trans fats and simple carbohydrates like: meat, chicken and cheese; bakery, bread, sweet yogurt, ice cream, sweet drinks, etc. Eat fruits, veggies, whole grains, nuts and legumes.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday 3-4pm



Do you know someone in the hospital or are you planning to have surgery or hospitalization?

Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764