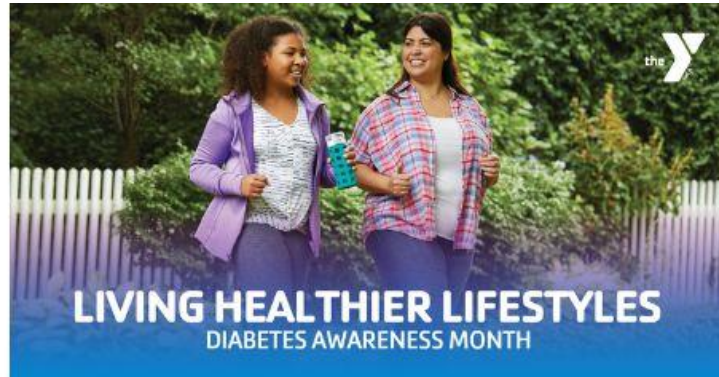




INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

.....
YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | **November**
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Did you know that of the 98 million Americans who have prediabetes, more than 8 in 10 adults are not aware they have it? November is National Diabetes Awareness Month, and the YMCA of Florida's First Coast is encouraging Northeast Florida residents to understand their risks for prediabetes and type 2 diabetes and steps to take to prevent the disease.

First, we invite you to take the 60-second Centers for Disease Control and Prevention (CDC) and American Diabetes Association's risk test to find out if you're at risk: <https://diabetes.org/diabetes/risk-test>.

Next, we are sharing a handful of lifestyle changes that contribute to weight loss and healthy living can decrease the risk for type 2:

Talk to Your Doctor

Use this moment as a reminder to talk to your health care provider about your diabetes risk factors. This is especially true if you have a family history or are overweight.

More Fruits and Veggies

Try incorporating more fruits and vegetables into your day! Eating a colorful array of healthy foods can have a huge impact on your overall health. There are some great fall recipes available including vegetables that are in season this time of year – get creative in the kitchen!

More Lean Proteins

Basic lifestyle changes – such as choosing fish, lean meats and poultry without skin - can contribute to weight loss and decrease the risk for type 2 diabetes. Check out some healthy and delicious ways to prepare these proteins at <https://diabetes.org/>.

Grain Power

There's power in grain! Aim for whole grains with every meal. A whole grain sandwich filled with fresh veggies and lean meat is both filling and delicious.

150 Minutes of Movement

Small steps matter. Build up to 150 minutes of physical activity per week. You can start with a simple walk each day or check out our Y's exciting group fitness class schedule. The key is to just keep moving!

Drink More Water

Basic lifestyle changes, like drinking water instead of drinks with added sugar, can contribute to weight loss and decreases the risk for type 2 diabetes. Carrying and refilling a reusable water bottle is an easy way to keep thirst (and sugary beverage temptation!) at bay.

If you're at risk of developing type 2 diabetes, there is something you can do about it. The YMCA of Florida's First Coast offers the YMCA's Diabetes Prevention Program which helps participants achieve healthy eating, regular physical activity, and modest weight loss—all of which have been shown to reduce the risk of developing type 2 diabetes. Learn more: www.fcymca.org or email myhealth@fcymca.org



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | NOVEMBER 2024

NOVEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

BOOK CLUB

WEDNESDAY, NOVEMBER 6th from 12:30– 1:45pm, Studio A

Come join us as we kick off our very first book club!

WALKING CLUB

SATURDAY, NOVEMBER 9th from 12:15 – 1:00pm, Outside

Enjoy the fall weather with a walk around our nature trail.

COOKING DEMONSTRATION with FEEDING NORTHEAST FLORIDA

MONDAY, NOVEMBER 11th from 12:00 – 1:00pm, Baptist Wellness Center

In partnership with Feeding Northeast Florida educators, come enjoy a cooking demonstration focused on healthy habits and cooking confidence!

BIRTHDAYS & BINGO

WEDNESDAY, NOVEMBER 13th from 12:15 – 1:15pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! At the same time, let's celebrate our fellow members with October birthdays! We will have prizes for winners, fun with friends, and lots of laughs.

ICE CREAM SOCIAL

FRIDAY, NOVEMBER 15th from 12:30 – 1:30 p.m., Studio B

Join us for an afternoon treat to celebrate the end of the week!

ARTS AND CRAFTS: QUILTING FOR BEGINNERS (Phase 3)

MONDAY, NOVEMBER 18th from 12:30 – 2:00 p.m., Kidzone

Continue crafting your quilt in Phase 3.

BOWLING

WEDNESDAY, NOVEMBER 20th from 12:15 – 2:15 p.m.

King Pins Bowling Center at 5310 Lenox Avenue

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.

***Sign up in the app or online. Payment can be made at the Bowling Alley.**

FRIENDSGIVING POTLUCK

THURSDAY, NOVEMBER 21st from 12:30 – 2:00 p.m., Studio A

Celebrate Thanksgiving with our friends through food and fellowship. Sign-up to bring a dish at the Welcome Center.

SAFETY SEMINAR: HEALTHY AGING SELF-DEFENSE

SATURDAY, NOVEMBER 23rd from 12:00 – 12:45p.m., Studio A

Focus on flexibility, awareness and balance. Learn how to protect yourself in dangerous situations.

Don't forget your PUNCH!

**TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!
Pick up your card at the Welcome Center today!**