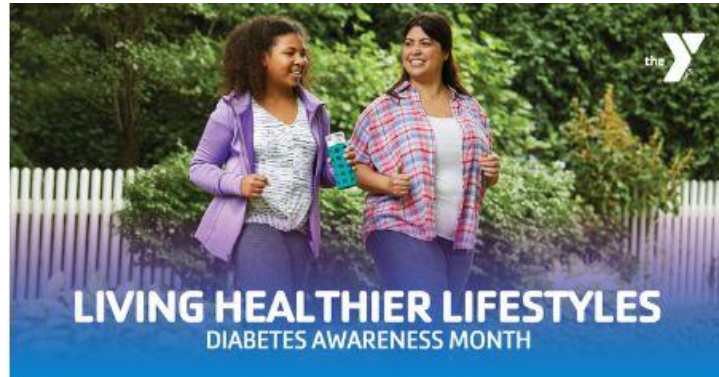




# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

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YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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](http://www.fcymca.org) or email [myhealth@fcymca.org](mailto:myhealth@fcymca.org)



# IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | 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](http://fcymca.org).**

**REMINDER! Come play PICKLEBALL at the Y!**

Join us every Tuesday and Thursday from 10:30am – 12:30pm in the Gymnasium, and now Monday evenings from 6:00-8:00pm!

### Senior Chair Volleyball

**Every Wednesday, 12:30 – 1:30pm, Gymnasium**

Join Cholita to have fun with your Y friends while getting in a great workout!

### Meeting: Q & A with Mandi

**Friday November 8<sup>th</sup>, 12:00 - 1:00pm, Family Activities Center**

Join Mandi to discuss our Healthy Aging Events, share ideas and to talk about Health and Wellness.

### Thanksgiving Potluck

**Friday November 15<sup>th</sup>, 12:00 - 1:00pm, Family Activities Center**

Come and enjoy Fellowship and Fun with your Y Family. Please use the sign-up sheet to announce what food you will be bringing.

### Arts and Crafts: DIY Christmas Door Sign

**Monday November 18<sup>th</sup>, 11:45am - 12:45pm, Family Activities Center**

Enjoy a morning making a festive Christmas Door Sign.

**Price is \$15 for members and \$30 for non-members. \*Registration and payment can be made at the front desk.\***

### Lunch and Learn: Plans and Produce with Gold Kidney Health Plan

**Tuesday November 19<sup>th</sup>, 11:30am - 12:30pm, Family Activities Center**

Come join Gold Kidney Health Plan for a Lunch and Learn. A bag of fresh produce will be given to the members that attend.

### Cooking Demo with Feeding Northeast Florida

**Wednesday November 20<sup>th</sup>, 12:00 – 1:00pm, Family Activities Center**

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

### Book Club

**Thursday November 21<sup>st</sup>, 10:00 - 11:00am, Common Area**

Join us for a morning of discussing the book "Women's Hotel" by Daniel M. Lavery and to pick out a book for next month.

### Social: Cookie Recipe Exchange

**Monday, November 25<sup>th</sup>, 11:45am - 12:45pm, Family Activities Center**

Come join us for a morning of sharing your favorite cookie recipes! Please have copies of your recipe printed out to share with others. If you would like to bring cookies to share, feel free!