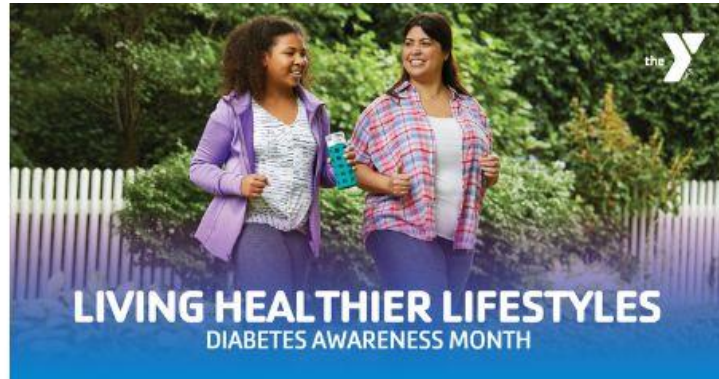




# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

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



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.

**BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | NOVEMBER 2024**

## NOVEMBER EVENTS AND ACTIVITIES

**Events are free of charge and require reservations (unless otherwise noted). Reservations can be made on our app or at [fcymca.org](http://fcymca.org).**

### Bible Study

**Every Friday, 11:45am-12:45pm, Studio D**

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi.

### BINGO!

**Friday, Nov 8<sup>th</sup>, 12:15-1:00pm, Conference Room**

Sponsored by [David Palmeri](#), Independent Insurance Agent. Publix gift card prizes!

### Presentation: Changes to Medicare 2025

**Friday, Nov 8<sup>th</sup>, 1:00-2:00pm, Conference Room**

Presented by [David Palmeri](#), Independent Insurance Agent. Don't miss this necessary information!

### GriefShare: Surviving the Holidays

**Tuesday, Nov 12<sup>th</sup>, 2:00-4:00pm, Conference Room**

For help and encouragement navigating the holidays after the death of a spouse, child, family member, or friend. This supportive meeting is open to the community. **Registration info:** [mychurchseniors@yahoo.com](mailto:mychurchseniors@yahoo.com)

### Bocce Ball

**Wednesday, Nov 13<sup>th</sup>, 11:45am-12:45pm, Studio B**

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

### Board Games / Color Me Calm: Coloring for Adults

**Wednesday, Nov 13<sup>th</sup>, 2:15-3:15pm, Studio D**

Get ready for some fun! Many games are available! And, if you like to color, join us! No artistic talent required. Meet new friends in a relaxing atmosphere. All supplies provided, or bring your own.

### Game Day: Active Games

**Wednesday, Nov 13<sup>th</sup>, 3:15-4:15pm, Conference Room**

Ladder Toss, Electronic Darts, and Safety Axe Throwing!

### Lunch Bunch

**Monday, Nov 18<sup>th</sup>, 12:30-2:00pm**

Meet at **Cantina Louie's** in **Tinseltown**, for food, friendship, and fun!

### New Member Orientation for Seniors

**Wednesday, Nov 20<sup>th</sup>, 2:15-3:15pm, Studio D**

Ask questions, learn about program offerings, and get help with tech difficulties involving the Y App!

### Book Club: Books@Brooks

**Thursday, Nov 21<sup>st</sup>, 2:15-3:30pm, Studio D**

*The Dutch House*, by Ann Patchett. Please read the book before the meeting.

### Healthy Aging Cooking Demo with Feeding Northeast Florida

**Friday, Nov 22<sup>nd</sup>, 11:30am-12:30pm, Conference Room**

In partnership with Feeding Northeast Florida educators, come enjoy a cooking demonstration focused on healthy habits and cooking confidence! **Please register on the app or our website.**

### **Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card enters you to win a \$50 Publix gift card!

**Pick up your card at the Welcome Center today!**

Hello! My name is Sheri Nash, and I'm the Healthy Aging Coordinator at the Brooks YMCA. I plan our social events, and I'm always looking for inspiration and ideas! Let me know if you have any suggestions or feedback! Email: [snash@fcymca.org](mailto:snash@fcymca.org) Phone: 904.902.7973



Scan here to quickly register for an event.

