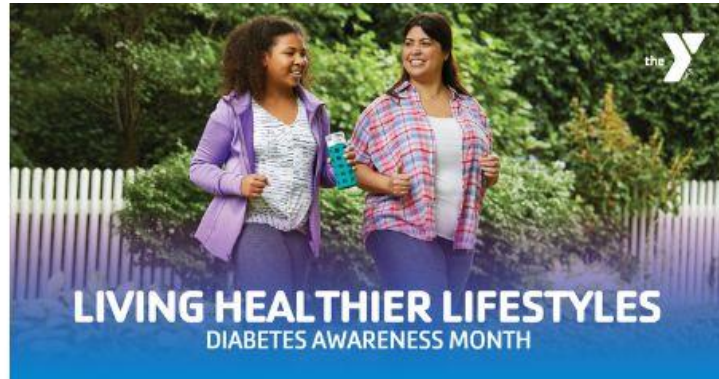




INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 or email myhealth@fcymca.org



IT'S NEVER TOO LATE TO FEEL GREAT.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | 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.**

MAH JONG

Wednesdays, 12:30 - 2:30pm, Healthy Living Center

Join us every Wednesday to learn and love to play Mah Jong – no experience necessary.

PAINTING PARTY

Friday, November 1st, 1:00 - 3:30pm, Healthy Living Center

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need along with step-by-step instructions. You are sure to leave with a masterpiece you can cherish forever. **
Registration and payment can be made at the Welcome Center.

Cost: \$30/member OR \$45/non-member

GAME DAY: YAHTZEE

Thursday, November 7th, 1:00-2:00pm, Healthy Living Center

Join us for a game or two of Yahtzee.

COFFEE AND CUPCAKE BIRTHDAY CELEBRATION

Tuesday, November 12th, 10:30 - 11:30am, Healthy Living Center

Join us as we celebrate all those with birthdays in the month of November.

BOOK CLUB

Thursday, November 14th, 1:00 – 2:00pm, Healthy Living Center

Join us for our first book club meeting where we will decide what book we will read and discuss for our December gathering.

LUNCH BUNCH

Friday, November 15th, 1:00 – 2:30pm

Meet at **V's Pizza in Ponte Vedra Beach** to enjoy a yummy lunch while socializing with your fellow members. **Participants are responsible for paying for their own meals.**

COOKING DEMO with FEEDING NORTHEAST FLORIDA

Thursday, November 21st, 12:45 - 1:45pm, Healthy Living Center

Come enjoy a cooking demonstration presented by our partners at Feeding Northeast Florida, focused on healthy habits and cooking confidence!

SEASONAL CRAFT PROJECT

Friday, November 22nd, 1:00 - 2:00pm, Healthy Living Center

Join us for a fun craft to celebrate the season.