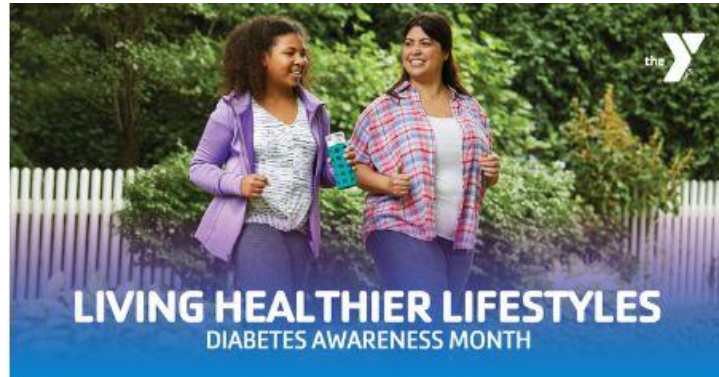




INMOTION

— 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.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.**

Cooking Demonstration

Tuesday, November 5th, 12:00 - 1:00pm, Multi-Purpose Room

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

Bible Study at the Y (First and Third Wednesday of each month)

November 6th / November 20th, 1:30 – 2:30pm, Multi-Purpose Room

Join our Bible Study here at FHV! Our fellow member and volunteer David Greer will be leading our community in faith-based studies. All denominations are welcome. David has been a member of Trinity Episcopal for more than 30 years. He has participated as a youth advisor, choir member, Vestry, Brotherhood of St. Andrew, Lay Eucharistic Minister and Hospital Visitor. The Bible is a part of his daily devotional, and he looks forward to exploring the Word with you in whatever form will best meet the needs of our collective group.

Book Club

Tuesday, November 12th, 1:00 – 2:00pm, Multi-Purpose Room

Our next read is **The Women** by Kristin Hannah. Save the date for our next meeting...and don't forget to register in the FCYMCA app!

GAME DAY!

Wednesday, November 13th, 12:30-1:30pm, Multi-Purpose Room

Come join your fellow members who love to play board games, cards, puzzles, and other social games.

BINGO!

Wednesday, November 20th, 1:30 – 2:30pm, Multi-Purpose Room

Join us as you yell your favorite word...BINGO! Win prizes while making friends! Light refreshments will be available.

November Birthday Party Potluck

Friday, November 22nd, 1:30 – 2:30pm, Multi-Purpose Room

Are you celebrating a birthday in the month of November? All are welcome to join us for some trivia, light refreshments, and snacks. Bring your favorite dish to share with others!