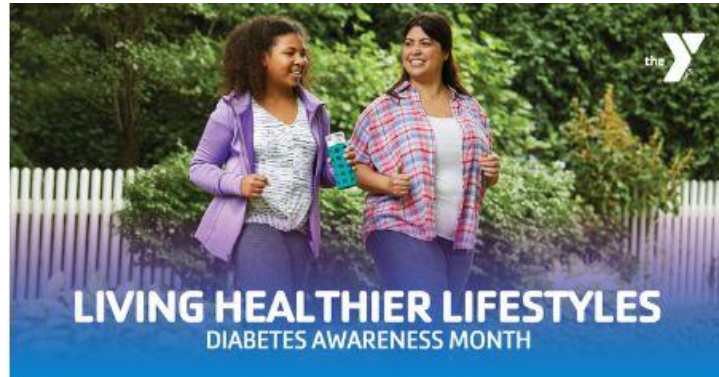




# INMOTION

— 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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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).

### AOA (ACTIVE OLDER ADULTS) MEETING

**Monday, November 4, 9:30 – 10:30am, Healthy Living Center**

All are welcome to attend.

### WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON

**Wednesdays, November 6, 13, 20, and 27, 10:30 – 11:30am, Pre-Teen Center**

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

### GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

**Wednesdays, November 6, 13, and 20, 1:30 – 2:30pm, Front Lawn**

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

### COLOR ME CALM

**Friday, November 8, 10:30am – 12:30pm, Teen Center**

Connect with friends, relax, and get creative! Coloring is a great way to reduce stress and improve your mood. Please bring your crayons, coloring pencils, watercolor paints, brushes, and paint-by-number books.

### ARTS AND CRAFTS: HOLIDAY WREATHMAKING

**Saturday, November 9, 11:00am – 12:30pm & Tuesday, November 19, 11:30 – 1:00pm, HLC**

Learn how to create a stunning, one-of-a-kind wreath for the season in this beginner's wreath making class.

### VETERAN'S DAY MID-DAY MOVIE

**Thursday, November 11, 11:00am – 1:00pm, Teen Center**

Enjoy the movie, *The Tuskegee Airmen* (1995), featuring Laurence Fishburne, Allen Payne, and John Lithgow. Based on the exploits of an actual groundbreaking unit, the first African-American combat pilots. Rated PG-13. Popcorn and refreshments served.

### BOARD GAME BLOWOUT

**Friday, November 15, 11:00am – 1:00pm, Pre-Teen Center**

Bring your favorite card or board games to indulge in friendly competition catering to all ages and player levels. Please bring a shareable snack.

### CELEBRATIONS: THANKSGIVING POTLUCK & PARTY

**Thursday, November 21, 12:00 – 2:00 pm, Teen Center**

Join us to give thanks for our members and guests! Sign-up to bring your best dish for the potluck.

### BINGO!

**Friday, November 22, 10:30am – 1:00pm, Pre-Teen Center**

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun.

### COOKING DEMO WITH FEEDING NORTHEAST FLORIDA

**Tuesday, November 26, 12:00 – 1:00 pm, Teen Center**

Join this monthly cooking-demonstration series with delicious and nutritious recipes sponsored by Feeding Northeast Florida.