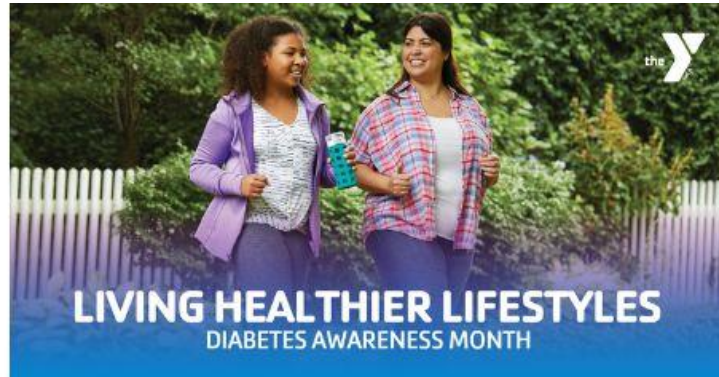




INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

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



IT'S NEVER TOO LATE TO FEEL GREAT.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | November 2024

NOVEMBER EVENTS AND ACTIVITIES

Events are free for members and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Board Games

Every Wednesday, 1:00 - 2:00pm, Studio A

Gather with your friends and join us in the studio for an array of board games. Have any board game requests? Reach out to Suzanne at SBlake@fcymca.org to make your requests or for more information.

Walking Group: Walk into Friday

Every Friday, 10:00 - 11:00 am, meet at the front of the Y

Walk the beautiful area of Amelia Park.

Friend ThanksgYving

Monday, November 18th, 12:00 - 2:00pm, Studio A

Come join us for our friend Thanksgiving, we supply the turkey, and members bring their favorite sides. ****Food sign up will be located at the Welcome Center.**** We look forward to seeing there!

Cooking Demo with Feeding Northeast Florida

Thursday, November 21st, 1:15 - 2:15pm, Studio B

Feeding Northeast Florida educators will be at the Y to present a food demonstration and provide information about healthy eating. Discover smart strategies for shopping and creating healthful meals.

DON'T FORGET YOUR 50 & BETTER PUNCH CARDS

Participate in the monthly **Age 50 & Better Rewards** drawing using your completed punch card, and you could win great prizes!

Join our First Coast YMCA Facebook Group for members ages 50 and Better!

Want to stay in the know about all things First Coast YMCA? Simply join our Facebook Group! Go to: Facebook.com/groups/50andBetter **TODAY!**