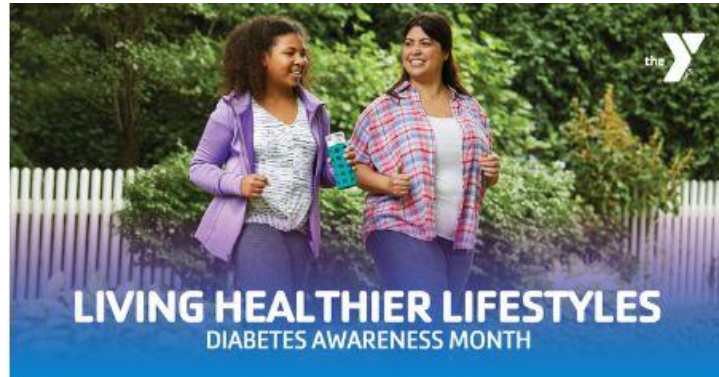




# INMOTION

— 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.

YMCA AT NOCATEE | 400 Colonnade Drive | 904.671.9622 | **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](https://fcymca.org).

### Walking Club

**Every Tuesday and Thursday, 8:00 - 9:00am, meet in the YMCA Lobby**

This group is great preparation for entering Chairty Walks throughout the year and to make new walking friends.

### Mindful Guided Meditation

**Friday, November 1<sup>st</sup>, 1:30 – 2:00pm**

Join fellow seekers of a calming practice for emotional and physical benefits. Meditation practice can be done on the floor or chairs.

### Coffee and Conversation

**Wednesday, November 6<sup>th</sup>, 9:30 - 10:30am, YMCA Lobby**

Join together over the fragrant aroma of coffee and good conversation. Muffins will be provided.

\*\*Participants are responsible for their own coffee purchases.\*\*

### Cooking Demo with Feeding Northeast Florida

**Friday November 8<sup>th</sup>, 11:00am – 12:00pm , Multi-Purpose Room**

Feeding Northeast Florida educators will be at the YMCA to present a healthy cooking demonstration.

### Pup Ruck Walking Event

**Sunday, November 17<sup>th</sup>**

Come join the Nocatee Ruckers Animal Shelter Walking and Donation Event. More info will be forthcoming upon receipt from the organization.

**\*Registration/reservations through the Y app/online not required.\***

### Game Day: Bunco for Charity

**Monday, November 18<sup>th</sup>, 3:00 – 4:00pm , Multi-Purpose Room**

Join us for a game of Bunco while helping others. Donations of \$1 will go into Bunco Pot with the winner deciding which YMCA Program receives the donation.

### Social: Virtual Golf at Really Good Beer Stop

**Tuesday, November 19<sup>th</sup>, 3:45-5:00pm**

Come play virtual golf and enjoy some adult beverages! Join us at Really Good Beer Stop, 295 Pine Lake Dr, Ste C103, Nocatee, FL 32081.

### Psych Ed Connections: Thanksgiving 5K Turkey Trot

**Thursday, November 28<sup>th</sup>, event start time of 8:00am**

Information regarding signing up, kids' events, and race trails can be found on Facebook or Google. Come together and get a good workout in before the day of thankful feasting with friends and family.

**\*Registration/reservations through the Y app/online not required.\***

### BINGO

**Friday, November 29<sup>th</sup>, 9:00 - 10:00am, Multipurpose Room**

Come enjoy fun, snacks, and great company. Don't miss out on the chance to win BINGO! Bring your friends.