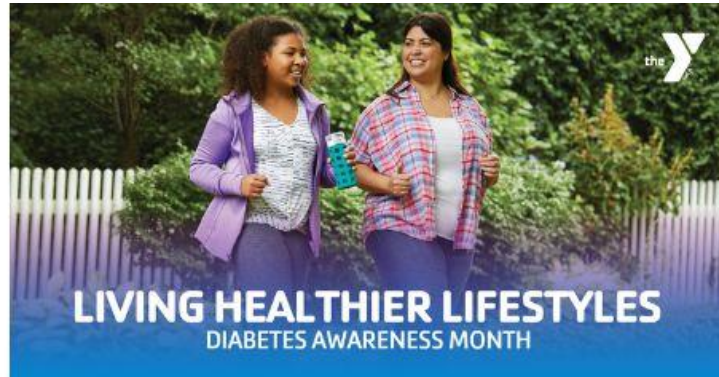




INMOTION

— 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.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | 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.

TRIVIA

Tuesday, November 5th, 10:30 - 11:25AM, ESPORTS ROOM

Come challenge your brain with some Holiday trivia with friends!!!

ARTS & CRAFTS: FALL LEAF WREATHS

Thursday November 7th, 10:30 - 11:25AM, ESPORTS ROOM

Please join us to create Fall leaf wreaths that will be perfect for decorating your home for the Fall season.

BOARD GAMES

Tuesday, November 12th, 10:30 - 11:25AM, ESPORTS ROOM

Do you like playing board games??? Then come and join us with friends at the Y and play fun games that challenge your brain.

CHAT N CHEW: CUCUMBER SNACK

Thursday, November 14th, 10:30 - 11:25AM, ESPORTS ROOM

It's National Pickle Day!!!! Come join us in the ESPORTS ROOM for a healthy and refreshing snack.

COOKING DEMONSTRATION WITH FEEDING NORTHEAST FLORIDA

Thursday, November 19th, 12:00 - 1:00 PM, ESPORTS ROOM

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

BRUNCH BUNCH: NATIONAL FRENCH TOAST DAY

Thursday, November 21st, 9:00 - 11:00AM, OASIS RESTAURANT

Come celebrate National French Toast Day with YMCA staff at the local Oasis Restaurant. Please register through the app or online so that we can have an accurate count for anyone attending. Participants will be responsible for paying for their own meals.

BIRTHDAY CELEBRATION: NOVEMBER BIRTHDAY CELEBRATION

Tuesday, November 26th, 10:00AM -12:00PM, ESPORTS ROOM

Is your birthday in November? Let's celebrate you with some tasty treats and let's start your birthday off the right way. Please join Angie for a birthday celebration.

LUNCH AND LEARN: TURKEY TURKEY!!!

Friday, November 29th, 12:30 - 1:30 PM, ESPORTS ROOM

Need help deciding what to do with leftover turkey? Please join Angie for many delicious ways of reusing your Thanksgiving turkey.

SOCIAL: NATIONAL HAND ME DOWN WEEKEND

Saturday, November 30th, 9:00AM - 12:00PM, BASKETBALL GYM

Need new clothes for yourself or for someone else? Please join us with free gently used clothes for all ages. Donations are welcomed but ONLY gentle and damage-free to provide the best quality for gifting.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a PRIZE!

Pick up your card at the Welcome Center today!