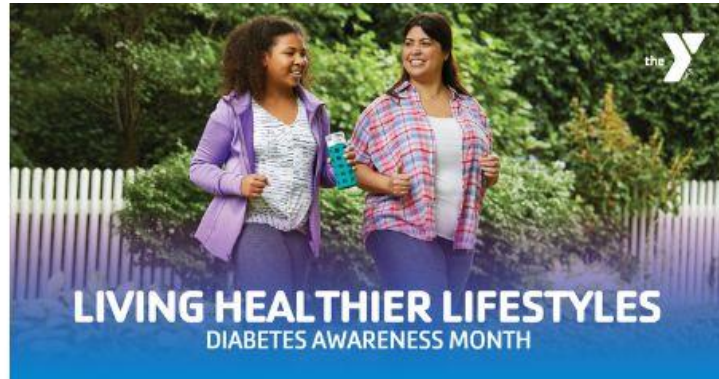




INMOTION

— 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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.

Thanksgiving Hours: Wednesday, November 27th 5:00am-12:00pm / Thursday, November 28th CLOSED

SPECIAL EVENT : AOA Thanksgiving Potluck!

Wednesday, November 15th, 11:30am – 1:00pm, Gymnasium

Bring a side and bring a friend! Limited space...be sure to sign up on the FCYMCA App!

Urban Soul Line Dancing

Friday, November 1st, 6:00 – 7:30pm, Gymnasium

Free event! Bring a friend and have fun learning and dancing on a Friday night!

Bible Study

Every Friday, 12:30 - 1:30pm, ESPORTS Room

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Game Day

Tuesday, November 19th, 3:00 – 4:30pm, ESPORTS Room

Enjoy a variety of different games – from chess to cards to board games and more – with your Y friends!

Arts and Crafts

Thursday, November 14th, 3:00 – 4:30pm, ESPORTS Room

Join us monthly in creating a new craft! Peer-led and loads of fun!

Lunch and Learn, sponsored by Conviva

Wednesday, November 20th, 12:00 – 1:00pm, ESPORTS Room

Wellness Workshop: Self Defense

Wednesday, November 20th, 12:00 – 1:00pm, Healthy Living Center

Members \$20 / Guests (non-members) \$40 **Register and pay at the Welcome Center******

Book Club

Thursday, November 21st, 1:15 - 2:15pm, ESPORTS Room

Join us for a healthy literary discussion.

Bingo & Birthdays!

Thursday, November 21st, 3:15 – 4:15pm, Studio A

Fun, prizes, and more!!! If you are celebrating a birthday in November, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

Cooking Demonstration with Feeding Northeast Florida

Wednesday, November 27th, 11:00am – 12:00pm, ESPORTS Room

Join Feeding Northeast Florida educators for a cooking demonstration.

Don't forget your PUNCH!

Pick up your monthly AOA Punchcard at the Welcome Center. Each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mon-Wed 1:00 - 4:00pm
Thursday 8:00 - 10:30am / 1:00 – 4:00pm
Friday 1:00 - 4:00pm
Sunday 10:00am – 12:00pm

Beginner Instruction

Friday 11:00am - 1:00pm

Beginner Play

Friday 12:00 - 1:00pm

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email [Jenny Engelmeyer @ jengelmeier@fcymca.org](mailto:jengelmeier@fcymca.org) for more information!