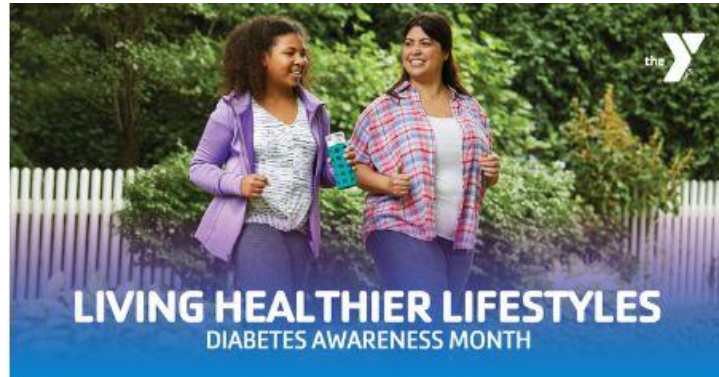




INMOTION

— 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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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 fcmca.org.

Coffee and Conversation: Meet & Greet

Tuesdays, November 5th & 19th, 10:00 – 11:00am, Teaching Kitchen

Learn more about the Y and enjoy fellowshiping.

Bible Study

Friday, November 1st, 11:00am – 12:00pm, Conference Room

Studying 31 Women of the Bible available on Amazon. Please bring your Bible and notebook as well.

Crime Prevention & Safety Tips, presented by the Jacksonville Sheriff's Office

Friday, November 8th, 11:00am – 12:00pm, Teaching Kitchen

Social: PorchFest 2024

Saturday, November 9th, 12:00 – 8:00pm, Henry J Klutho Park (204 West 3rd Street)

Featuring over 20 musical acts! Food trucks, art vendors and more! Bring a camping chair if you would like.

Birthday Party & BINGO

Tuesday, November 12th, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with October birthdays...and enjoy some BINGO fun!

Florida Blue Event - Senior Tech Class

Friday, November 15th, 11:00am – 12:00pm, Teaching Kitchen

Empowering Seniors to be Smartphone Savvy! ***Must register with Florida Blue.***

Bowling

Wednesday, November 20th, 12:00 – 2:00pm

Join us at **King Pin Lanes, 5310 Lenox Ave.** \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

Payment will be made at the bowling alley. Reserve your spot in the YMCA app!

Square Dancing

Thursday, November 21st, 10:45 – 11:45am, Studio B

Learn new steps, meet new friends, and have fun with Square Dance Caller Mary Ellen Ludekingson. Join us!

Thanksgiving Potluck

Thursday, November 21st, 12:00 – 2:00pm, Teaching Kitchen

Turkey provided. Please sign up to bring sides and pies. Sign up will be available at the Welcome Center.

Florida Blue Event – Painting Class

Friday, November 22nd, 11:00am – 12:00pm, Teaching Kitchen. *Must register with Florida Blue.*

Cooking Demo with Feeding Northeast Florida

Monday, November 25th, 12:00 – 1:00pm, Teaching Kitchen

Come enjoy a cooking demonstration focused on healthy habits and cooking confidence!

Book Club

Tuesday, November 26th, 11:00am – 12:00pm, Teaching Kitchen We are going to have 20 minutes of silent reading of a mystery book and discussion.

Lunch Bunch

Friday, November 29th, 12:00 – 1:30pm

Meet at **Casa Dora, 108 E Forsyth St. Jacksonville 32202**

Head count needed by Wednesday, November 27th. Reserve your spot in the YMCA app! One lucky member will have their lunch paid for.

Don't forget your monthly PUNCH CARD! Pick up your card at the Welcome Center TODAY!
TEN punches on your Punch Card enters you to win PRIZES each month! (one card per member, please)