



NAUW-SUBURBAN PHILADELPHIA HEALTHY LIFESTYLE NEWSLETTER

November 2020 Issue

Monthly Email Newsletter by the Health Promotion Committee



MONTHLY THEME

November is Diabetes Awareness month.

Diabetes is a chronic disease that occurs when glucose levels are elevated. Glucose is your body's main source of energy and comes from the foods you eat. Insulin is made by the pancreas and helps glucose to pass into your bloodstream for the energy your body needs. Sometimes your body doesn't make any insulin or enough insulin. In either case, glucose stays in your bloodstream and can cause other serious health complications. Although diabetes has no cure, you can take steps to manage diabetes and stay healthy.

For more information,
visit www.diabetes.org.

UPCOMING EVENT

NAUW CAREGIVERS DAY- 11/21

It's time for our annual Thanksgiving Basket Donation Drive. Due to Covid-19, we're hosting a fundraiser to purchase 10 \$75.00 grocery store gift cards to bless Families selected by the Family Services of Montgomery County. All donations can be sent to the NAUW-Suburban Branch CashApp, \$nauwspb2006. Donations are due by 11/14.



DID YOU KNOW?

MORE THAN

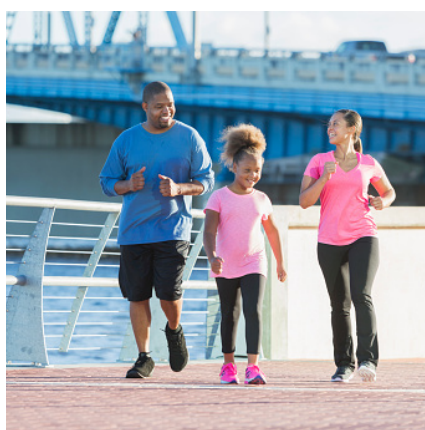
8 IN 10

adults don't know they
have prediabetes.

PREVENTION TIPS

Set A Health Goal

Why wait until New Year's Eve to create a goal? Create an action plan with realistic obtainable steps that can be done weekly. Identify barriers that may prevent you from reaching that goal and people that can support you in overcoming those challenges. Finally, track your progress.



Be Active

Be active at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week. Here are some great Fall activities that you can do with family members and friends: going on a nature walk, bike riding, jogging, and dance classes. Looking for a great place to walk, visit www.traillink.com.

Eat a Balanced Meal

Fall is the perfect season for a trip to the produce market or a local farm. Creating a balanced meal can be fun and a great family activity. Consider choosing nutrient dense foods such as lean meats, fresh fruits and vegetables, whole grains, and low-fat dairy options.



Below is a list of fresh produce in season:

- Beets
- Broccoli
- Brussel Sprouts
- Cranberries
- Pears
- Pumpkins
- Tangerines
- Sweet Potatoes

To find a produce market in your area, visit www.localharvest.org.

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