



Wellness Matters



SUMMIT ESC's WELLNESS PROGRAM

Energize, Socialize, Come Alive!

November 2019

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Move with the Mayor!

On Wednesday, October 23, 2019, the Summit ESC participated in *Move With the Mayor* as part of a nationwide campaign to promote healthy lifestyles. Cuyahoga Falls Mayor, Don Walters, joined us for a special edition of Walking



Wednesday. Thank you Mayor Walters for getting us up and moving!

Diabetes and Prediabetes

More than 30 million Americans have diabetes. Another 84 million US adults have prediabetes, a serious health condition in which blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke. Diabetes also increases the risk of heart disease and stroke and can lead to other serious complications, such as kidney failure, blindness, and amputation of a toe, foot, or leg. People with diabetes spend more on health care, have fewer productive years, and miss more work days compared to people who don't have diabetes. In 2017, the total estimated cost of diagnosed diabetes was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity. [Click here for more information about Risk Factors.](#)

PREDIABETES

Blood Sugar Level



WHAT IS PREDIABETES?

If your blood sugar (glucose) level is higher than normal but not high enough to be classified as diabetes, then you have prediabetes. Prediabetes is also referred to as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT). It used to be called borderline diabetes.

WHAT IMPACT

does prediabetes have on my body?

Prediabetes can lead to:

STROKES



HEART DISEASE

TYPE 2 DIABETES



High blood sugar can silently wreak havoc on your body over time and can cause harm to your:



EYES

KIDNEYS



NERVES



1 in 3 (33%) OF PEOPLE with prediabetes, don't even know that they have the condition.

BUT I FEEL FINE...

Some people with prediabetes have no symptoms. Others have some of the symptoms of diabetes. Regardless, you can have prediabetes and diabetes for years and not know it.



WHAT CAN I DO ABOUT IT?

Treating prediabetes and delaying or preventing diabetes is all about controlling your blood sugar. You can do this by eating a healthful diet and not skipping meals, exercising moderately for at least 30 minutes five days/week, and losing just 5-10% of your body weight. Also have your blood sugar levels regularly checked by a doctor.



EAT HEALTHIER



LOSE WEIGHT



EXERCISE REGULARLY



CHECK BLOOD SUGAR LEVELS REGULARLY

SYMPTOMS

Of diabetes

- Frequent urination
- Feeling very thirsty
- Feeling very hungry, even while eating
- Blurred vision
- Extreme fatigue
- Cuts or bruises that are slow to heal
- Tingling, pain or numbness in hands and feet

— source: American Diabetes Association

Preventing Type 2 Diabetes



On Your Way to Preventing
Type 2 Diabetes



Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be overweight or have a parent, brother, or sister with type 2 diabetes. Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. The good news is that type 2 diabetes can be delayed or

even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. [Click here for more information on preventing Type 2 Diabetes.](#)

HEALTHY STARTS HERE

Welcome Summit Education Service Center!

TRY THE Y!

October 21st – November 3rd

Join us for your exclusive Try the Y Weeks and discover your corporate benefits, the support, resources and commitment waiting for you at the Y!

Your Corporate Membership includes:

- Two FREE Try the Y Weeks - October 21st through November 3rd
- NO Start-Up Fee and NO prorated dues if you sign up by November 3rd
- Sign up after November 3rd and receive 50% off start up fees.

RIVERFRONT FAMILY YMCA
544 BROAD BLVD
CUYAHOGA FALLS, OH 44221
330.923.9622

AKRONYMCA.ORG



[Click here for more information about Try the Y!](#)

5 Fun Fall Activities to Keep You Moving

The long days of summer may be far behind us, but that doesn't mean it's time to stop enjoying the outdoors!

The introduction of crisp air and shorter days may influence kids to give up outside play. But establishing regular fall activities for children and adults is still important — and very doable. It's recommended that kids get an average of 60 minutes of physical activity each day. While a change in weather may limit kids' favorite choices of physical activity, such as swimming at the local pool, the introduction of fall-themed activities can help kids stay active and enjoy the outdoors longer.



1. Pumpkin/Apple Picking

Skip the hayride to the pumpkin patch or apple orchard and choose to walk. Not only will you be getting physical activity, you'll be picking healthy foods.

2. Raking (and Jumping in) Leaves

Encourage children to lend a helping hand with household chores by raking leaves. Working together as a family to rake and move leaves will establish great family bonding time. Plus, kids may be more interested in participating if they can dive into that amazing pile afterwards.

3. Hiking

Lace up your sneakers and enjoy a fall foliage hike! [Cuyahoga Valley National Park](#) and [Summit Metroparks](#) both offer programs.

4. Nature Scavenger Hunt

Create a scavenger hunt for kids to complete. Add a time element to help increase physical activity. Searching for leaves, acorns, sticks, and other objects will help kids keep a fun goal in mind, without focusing on physical activity.

5. Corn Maze

Get lost in a corn maze! Many pumpkin patches have corn mazes for hours of wandering and exploring.

Summit Educational Service Center came together for a Pink Out day in support of breast cancer awareness.



Recipes for Diabetes Health

- [Ginger Shrimp and Broccoli with Garlic](#)
- [Tuna-Stuffed Zucchini](#)
- [Spicy Chicken Breasts](#)



- [Homemade Black Bean Veggie Burgers](#)
- [Easy Hawaiian Chicken Packets](#)
- [Veggie Vegetarian Chili](#)
- [Tortilla Soup](#)
- [Winter Harvest Curry Stew](#)
- [Slow Cooker Cinnamon Apple Steel Cut Oats](#)
- [Banana Oat Bars](#)
- [Sugar-Free Molten Chocolate Cakes](#)

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