



Water Works

Water exercise is among the most enjoyable ways to improve your health. And it improves cardiorespiratory health, muscular strength and endurance, flexibility and, when done regularly, reduces body fat.

Pool workouts provide a diversion from jogging, hiking, biking, tennis and other land exercises, especially when you want to avoid jarring weight-bearing actions.

The buoyancy of water supports your body, taking the strain off tender joints and creating a calming effect. Yet, the resistance of water is perfect for strength building. As you continually pull and push away the water, you can exercise more strenuously than it seems.

Besides solo lap swimming, you'll find group exercise designed for shallow or deep-water aerobics and muscle workouts using various devices. You can avoid dunking your head with workouts that involve jogging, kicking, lunges and other movements. Or slow the pace with routines inspired by yoga or tai chi for flexibility and balance.

Check out aquatic classes at your health club or YMCA; visit 1 or 2 in session to see if they suit your fitness level. Once you've learned the basics from a certified instructor, you may advance to more challenging aquatic routines.

“Looking after my health today gives me a better hope for tomorrow.” – Anne Wilson Schaefer

Keeping Kids Tobacco Free

Young girls and boys are more likely to use tobacco if they:

- Have parents who use tobacco.
- Have access to smoking areas and tobacco products – especially low-cost or free tobacco.
- Have friends or siblings who use tobacco.
- Watch movies that have smoking in them.
- Aren't engaged in school or extracurricular activities.
- Aren't doing well in school or have friends who aren't doing well in school.
- Use other substances, such as alcohol or marijuana.

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November is American Diabetes Month.



How Diabetes Affects Heart Health

Diabetes is now regarded as the leading risk for heart disease.

The link is stronger than many people realize: Cardiovascular disease claims the lives of about two-thirds of diabetes patients.

Most people with diabetes have type 2, in which the body doesn't use insulin properly. Type 2 is marked by **high blood sugar**. It also triggers an immune response that causes **chronic inflammation**. Both conditions injure the artery walls, allowing the buildup of cholesterol-laden plaque in the blood vessels, which hinders blood flow and raises the risk for heart attack or stroke.

High blood sugar levels can also lower the body's production of nitric oxide, a chemical that helps keep the blood vessels open. The result is reduced blood flow that can lead to blood clots, kidney failure, nerve pain, foot infections, amputation and blindness.

If you've been diagnosed with type 2 diabetes, work with your health care provider to keep your blood sugar levels as close to normal as possible. Tight control of blood sugar can help delay or prevent heart disease and other serious complications, including eye, kidney and nerve damage.



5 Ways to Stop Winter Weight Gain

Gaining a few extra pounds during winter is easy to do. You may exercise less in cold weather. Or you eat more when lack of sunshine gets you down. Then come the holidays and all those treats. Here's how to avoid added pounds.



1. Exercise. Winter weight gain largely results from increased eating and moving too little. Plan for extra physical activity every day and schedule it in your calendar to offset those food splurges.

2. Cook at home more. Choose whole vegetables and fruits, as well as whole grains and lean protein, without the excess fat, salt or sugar of heavier restaurant foods.



3. Avoid alcohol and other empty calories. An abundance of festive meals, drinks and extra treats can quickly lead to extra weight. Sample, but practice self-control. Stock up on nutritious snacks, such as unsalted nuts and plain, air-popped popcorn.

4. Weigh yourself weekly. Those who do often control their weight better.



5. Choose more whole foods: fresh vegetables, fruit, legumes, nuts, seeds, whole grains and lean protein. Choose fewer processed and refined foods that are high in sugar, white flour and trans fat. Eat moderate servings until you are just full, and avoid that over-stuffed, too-full feeling.

Type 2 Diabetes: Diet Does Matter

Type 2 diabetes is a health condition that's strongly linked to what you eat. Making balanced and healthy food choices every day can help you control your blood sugar levels.

Preventing rapid swings in blood sugar is crucial to preventing complications from diabetes, which can include heart disease, eye problems and nerve damage.

What should I eat? Your eating plan is based on individual factors such as gender, weight, blood sugar level, medications and physical activity level. A variety of different dietary patterns have been shown to benefit people with diabetes. Consider working with a registered dietitian who can provide a plan based on your needs.

If you're just getting started, here are some tips to remember until you see your dietitian:

- > Eat 3 meals per day at regular times, spaced no more than 4 to 6 hours apart. You may need a small snack in-between meals.
- > Replace sugary beverages (soft drinks, juice, iced tea, etc.) with water.
- > Enjoy whole grains such as quinoa, barley, oats and brown rice instead of refined grains such as white flour and white rice.
- > Include high-fiber foods in your meals and snacks, such as whole grains, legumes, nuts, seeds, vegetables and fruits.
- > Limit sugars and sweets such as desserts, candies, jam and honey.

Taking control of your eating habits and your weight can significantly lower your risk of future complications from diabetes.

By Cara Rosenbloom, RD



Keeping Kids Tobacco Free >> *Continued from other side.*

Numbers affected: Tobacco use begins primarily during adolescence. Each day in the U.S., an additional 2,100 youth and young adults become daily cigarette smokers. However, between 2011 and 2014, the American Cancer Society reported a decline in smoking among:

- Middle school students – from 4.3% to 2.5%.
- High school students – from 15.8% to 9.2%.

Despite this progress, reducing overall tobacco use remains a significant challenge. For example, other national surveys show **increases in hookah and e-cigarette use since 2011.**

As a parent, you're the biggest influence – keep telling your kids how dangerous and addictive all tobacco products are. Get help at teen.smokefree.gov.



Smart Moves toolkit is at www.personalbest.com/extras/15V11tools.

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