



## Get Your Waist in Line

**The trouble with excess belly fat is more than skin deep.** Part of it collects around your internal organs. This visceral fat can produce inflammatory substances that promote cardiovascular disease, type 2 diabetes and some cancers.

**What defines excess belly fat?** Measure your waist circumference: Run a tape measure around your torso just above your navel – unhealthy is more than 40 inches for men and 35 inches for women. If you exceed these numbers, regardless of your overall weight, it's time to reduce belly fat to protect your health.

There are no special supplements or spot-reducing abdominal workouts that will shrink your waistline. Ongoing, practical habits work best, including:

- » **Lose excess weight** – Cut extra calories from sweets, sugary drinks, alcohol, high-fat foods and oversized servings. Permanent weight loss is key to reducing body fat.
- » **Move more** – Stand up, walk about, stretch, do chores and use your muscles whenever possible. Consistent, daily exercise is essential. Get at least 150 and up to 300 minutes weekly of moderate-intensity physical activity, such as brisk walking, and 2 to 3 days of strength training.
- » **Stress less** – Chronic tension may create hormonal conditions that produce belly fat. Find healthy ways to cope: Avoid things that drain your energy; replace them with positive, relaxing activities.

**Seek your health care provider's guidance** for decreasing excess body fat. You can do it with patience and persistence.

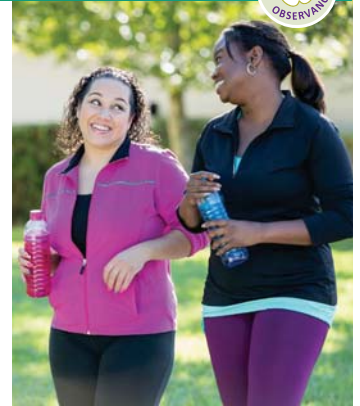
*“High achievement always takes place in the framework of high expectation.” – Jack Kinder*

November is Diabetes Awareness Month.



## 8 Ways to Stay Well with Type 2 Diabetes

**The most common form of diabetes is type 2**, in which the body does not use insulin properly. Initially, the pancreas creates extra insulin to make up for it. Eventually, however, your pancreas can't make enough insulin to keep your blood glucose (sugar) level normal. When blood sugar remains above a healthy level, it can trigger serious health problems – from head to toe.



**The good news?** Managing diabetes leads to good health in general. Here's how:

- 1. Watch your blood glucose.** With your provider's guidance, track your blood sugar and keep it within a healthy range.
- 2. By maintaining your targets for blood glucose,** blood pressure and cholesterol levels, you can reduce your risk of heart attack, stroke and kidney failure – illnesses closely linked to diabetes.
- 3. Along with weight control, daily exercise** is shown to significantly improve blood glucose, blood pressure and cholesterol levels.
- 4. If you smoke, quit.** It's 1 of the most vital things you can do to prevent heart and kidney disease and stroke, as well as diabetic nerve damage. (See “Tobacco: What Kind of a Quitter Are You?”)
- 5. Check your feet daily.** High blood sugar can reduce blood flow and damage the nerves in your feet. See your provider promptly if your feet have redness, swelling or sores that don't heal.
- 6. Have your eyes checked routinely.** Diabetes can damage the eyes' small blood vessels (retinopathy). The first symptom is often reduced vision.
- 7. Schedule regular diabetes checkups.** Be ready to discuss your nutrition and activity level and look for any diabetes-related complications such as signs of nerve damage and kidney or heart trouble.
- 8. Stay current with vaccines.** High blood sugar can weaken your immune system, which may increase your chances for diseases including flu, pneumonia and hepatitis B.

# Frozen Food Facts

By Cara Rosenbloom, RD

**Your freezer can be a very useful and versatile kitchen tool.** In addition to preserving and saving foods for later, the freezer allows for quick weeknight meals and is the perfect place to store your leftovers.



» **Stock your freezer with lots of pre-cut fruits and vegetables.**

Frozen vegetables and fruit are safe for up to 1 year. Plus, they cook quickly since they're already in portions.

**The best part?** Since vegetables and fruit are frozen within hours of being picked, they often have more antioxidants and vitamins than fresh versions.



» **Freeze whole grains, seeds and nuts** to prolong their shelf life and reduce rancidity. You can store nuts for up to 2 years, while grain storage depends on the variety.



» **Round out your shelf space with pre-cut portions of chicken, fish and meat.**

Why buy smaller cuts and individual portions, such as patties and chicken breasts, for freezing? It's hard to cut into frozen food, and thawing adds preparation time. You can freeze meat, poultry and fish for up to 1 year.

» **Freeze your leftovers.** Having pre-portioned foods you can easily reheat is a great solution for busy weeknights. Soups and stews last about 3 months and meat dishes can last up to 6 months in the freezer – as opposed to only 4 days in the fridge.



**Waste not, want not – use your freezer.**

# Signs of Depression

**Depression is a complex disease with many causes.** These include inherited traits, hormone changes, traumatic or stressful events, alcohol or drug abuse, and certain medications or health conditions. Also, individual brain chemistry can impact mood, our perceptions and the way we experience life.

**Symptoms of depression vary.** A classic experience: You feel overwhelmed by sadness and withdrawn from relationships with little interest in normal activities. This mood continues all day, most days, and lasts from weeks to months. Depending on the type of depression, episodes may come and go.

**Symptoms may include:**

- low self-esteem or hopelessness.
- feeling guilty or worthless.
- trouble concentrating, talking or performing tasks.
- trouble adjusting to a major setback.
- overeating or loss of appetite.
- oversleeping or insomnia.
- unusual lack of energy.
- suicidal thoughts.



**Your depression may be:**



- » **Mild** – having some symptoms that reduce your effort to do what you need to do.
- » **Moderate** – having many symptoms that often keep you from doing what you need to do.
- » **Severe** – having nearly all symptoms that keep you from doing what you need to do.

**Don't let depression discourage you from getting help.** Most people who get treatment rebound emotionally within 4 to 6 weeks.

November 17 is the Great American Smokeout.

## Tobacco: What Kind of a Quitter Are You?



**Quitters share 1 thing in common:** They have a strong desire to be tobacco free. Using this checklist, try to identify the quitting methods most suited to your personality and needs.

**I'm the type of tobacco quitter who prefers to:**

- Get all the advice and support possible.
- Have 24/7 online support via mobile apps, social media or text messaging.
- Quit cold turkey.
- Engage in anonymous online forums.
- Enlist a quit partner to exchange ideas.
- Use nicotine replacement therapy.
- Get help with weight control.
- Focus on controlling stress or boredom.
- Focus on improving health in general.
- Keep a journal to monitor nicotine triggers and track progress.



For most people, the best way to quit will be some combination of medicine, emotional support and changing lifestyle habits. Get help from your health care provider, and learn more at <https://smokefree.gov/>.



Smart Moves toolkit is at [www.personalbest.com/extras/16V11tools](http://www.personalbest.com/extras/16V11tools).

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