

# Moving and Making Life Happen

## Making Your Diet a Priority

### TV Time Linked to Diabetes

A recent study has shown that for every two hours you spend in front of the television set, your risk of developing diabetes increases 20 percent. This is the same for your children as it is for adults.

What isn't clear is the exact link between tv and diabetes. Is it due to lack of exercise? Perhaps the time we would have spent exercising was spent in front of the tube? Or is it due to snacking and poor food choices while watching tv? Maybe the answer lies in the constant bombardment from junk food commercials? Whatever the answer, the end results are clear.

Limiting you and your families tv time to no more than two hours per day is an easy way to reduce one source of risk.

There are other risk factors for developing diabetes, such as family history, being overweight and inactive lifestyle. To reduce your risk of developing diabetes, its time to make a change for the better.

Here are some simple steps to take today!

1. Move More: break out the tennis shoes and go for a walk, kick a ball around the yard.
2. Reduce your overall calorie intake. Call Doctors Direct and we can enroll you in our free Healthy Eating and Nutrition program today!
3. Get more whole grains in your diet. Whole grains keep you full longer, stabilize blood sugars. Half your grains should be whole grains.
4. Eat more fruits and vegetables. Half your plate should be made up of fruits and veggies.
5. See your Doctor! It is so important to Know Your Numbers! Once you have Diabetes, it is yours for life! But if you can find out at the Pre Diabetic time, you can make changes to prevent it from ever happening! Best time to Move More, Eat Less and Lose Weight!

### Portable Summer Pools Put Children at Risk

It is a national tragedy of our summers. Children drowning in swimming pools. The reasons are many. A small wading pool can be left out and fill with rain water, then a toddler finds an enticing pool and falls in. Portable pools are often an impulse buy and the security features such as alarms, fencing and the like can double the price. Whatever the reason, nothing can take the place of a vigilant attentive adult. If you have a portable pool in your yard, take some simple precautions to prevent tragedy from ruining your good times.

1. Empty a wading pool when done and stand it up on its side against a solid structure such as a building.
2. Any time children are going to be using the pool, an adult should be present and on duty.
3. If you have any type of fencing, make sure it is closed and locked if possible.
4. Consider investing in a portable pool alarm, that will go off whenever someone or something large enters the pool.

*Keeping You Healthy is our Number One Priority!*



### Special points of interest:

#### • **Don't forget your Flu**

#### **Vaccine!**

- Wash your hands often.
- Choose your health goals wisely. Think long term benefits.
- List the habits that you will need to change to succeed at your goals.
- Give us a call so we can give you support, encouragement, resources and tools to make your goals a new way of living!

### My favorite things

1. Ipod Nano 6th generation, with its built in pedometer and clip for walking and moving while grooving
2. All things Android, but there are some really wonderful apps for logging your food, your exercise, try the Spark People app
3. Iphone App for Spark People allows you to track food and exercise from anywhere you are, computer or not!