

November is National Diabetes Month

Though there isn't a cure yet for diabetes, a healthy lifestyle can significantly reduce its impact on your life. There are three main types of diabetes: type 1, type 2, and gestational diabetes. You've been diagnosed with diabetes. Now what?

- Follow a healthy eating plan.
- Get physically active.
- Test your blood sugar.
- Give yourself insulin by syringe, pen, or pump, if needed.
- Monitor your feet, skin, and eyes to catch problems early.
- Get diabetes supplies and store them according to package directions.
- Manage stress and deal with daily diabetes care.

For more information visit www.cdc.gov/features/livingwithdiabetes

Managing diabetes during the holidays can be tough. Many temptations can be found on the dinner table, but that doesn't mean you can't eat the foods that make your holidays special. Just be aware of what and how much you enjoy so you can adjust your insulin, and take care to budget your sweets and alcoholic drinks. The acronym below lists some healthy ideas for the holidays!

Healthy Choices for Diabetics

Tomatoes
Hummus
Avocado
Nuts
Kale
Squash
Garlic
Ice cream (Halo Top)
Veal
Iced water
Nectarines
Greek yogurt

THE ABCs OF DIABETES

Know Your ABCs to Prevent Diabetes Complications



A IS FOR THE A1c TEST. (blood glucose test)

LESS THAN **7%**



B IS FOR BLOOD PRESSURE.

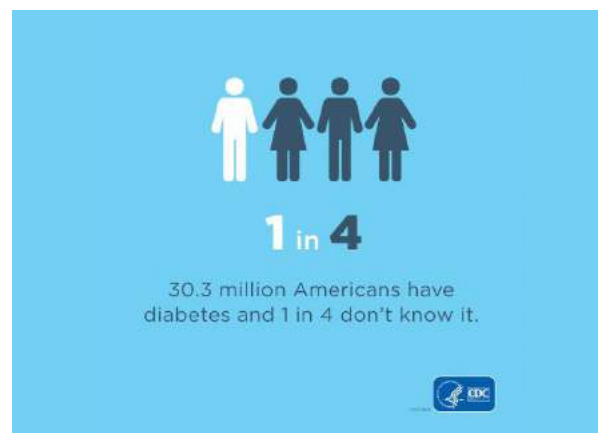
LESS THAN **140/90** MMHG



C IS FOR CHOLESTEROL LEVELS FOR LDL.

LESS THAN **100** MG/DL

Goals may be different for each person.
 Ask your doctor what your goal should be.



P2W Ambassador Highlight

Elizabeth Fain is a senior Biology major and Chemistry minor from Caledonia, MS. She has been a Passport to Wellness Ambassador for three years. When asked to provide a tip for healthy living, Elizabeth said "Getting outdoors is a great way to exercise and take a break from stress and technology. Spending some time outside to take a walk, to go for a bike ride, or to enjoy solitude in a peaceful environment can make a positive impact on your physical and mental health."



My name is Brooke Keen. I am a graduate student at Mississippi University for Women. I am pursuing my Masters in Public Health. I am the Aquatics Graduate Assistant for Stark Recreation Center. I graduated from MUW in December 2012 with my bachelor's degree and immediately began working at the local Columbus YMCA. I obtained my first lifeguard certification in the summer of 2012. I worked for Camp Henry Pratt that summer as a camp counselor. During the fall and spring I worked with the YMCA Afterschool Program, the Homeschool P.E. Program, and lifeguarded. The summer of 2013 I went to work at Waukaway Springs Christian Retreat Center. I was promoted from a summer camp counselor to the Waterfront Director my first summer. I served at Waukaway for three years as the Waterfront Director and one summer as the Program Director. I now have my Lifeguard Instructor Certification and CPR Instructor Certification. I hope to expand the aquatics programs at MUW as well as learn more about programming and event planning during my time as a graduate assistant. I am blessed to have this opportunity and I look forward to coming to work every day. I am living the dream!

Benefits of Swimming

Swimming is a low-resistance activity that provides a full body workout. It is appropriate for healthy adults and children, people with injuries or arthritis, and it is safe for women during all stages of their pregnancy. Swimming is for everyone!

The Freestyle

The freestyle is also known as the front crawl. It is the fastest and most efficient competitive stroke. This style helps to improve the latissimus dorsi (middle back muscles), triceps, pectoral muscles, core muscles, and quadriceps.

The Breaststroke

The breaststroke is an excellent cardiovascular workout. It provides a better cardiovascular workout than other strokes. It helps strengthen the heart and lungs while toning thighs, upper back, triceps, hamstrings, and lower legs.

Kickboard

A kickboard is a great tool for any swimmer and makes a great addition to an advanced workout. It allows a swimmer to isolate the leg muscles and focus on form and technique for various swim strokes.

Please join us in Stark Recreation Center for a swim! The pool has flexible hours offered every day of the week and all year long. We also offer Hydrotone (Water Aerobics) and swim lessons for people of all ages. Group lessons and individual lessons are available to students, members, and non-members. Swimming is for everyone!



Roasted Butternut Squash Soup

Preheat oven to 425F degrees. Line a baking sheet with foil.

Place the butternut squash, shallots and 2 tablespoons of the olive oil in a medium mixing bowl. Season generously with salt and pepper, tossing to evenly coat with the oil.

Spread the squash and shallots evenly onto the lined baking sheet. Roast until the squash and shallots are tender when pierced with a skewer or the tip of a small knife, about 30 minutes. Remove from the oven and set aside until needed.

Heat a large sauce pan over medium heat; add the bacon and cook, stirring, until the fat has rendered and the bacon is crisp. Remove from the heat, then use a slotted spoon to transfer the pancetta to a paper towel-lined plate; set aside until needed.

Return the sauce pan to the heat and add the leeks, carrots and celery. Cook, stirring occasionally, until the vegetables are soft, but not browned, about 5 to 7 minutes. Add the garlic and sage and cook, stirring, until very fragrant, about 1 minute more. Add 1 tablespoon of the stock to deglaze the pan, scraping up any browned bits from the bottom of the pan. Cook until the stock is evaporated, add remaining stock.

Add the squash, shallots and maple syrup to the pan; bring the stock to a boil. Reduce heat and simmer for 30 minutes. Puree soup with an immersion blender or in the blender. Taste and adjust seasoning with salt, pepper, and maple syrup. Garnish each bowl with bacon.

Yield: 8 Servings

Nutrition Info (per serving): 88 calories, 18g carbohydrates, 2g fat, 2g protein

Recipe provided by Project CHEW

2 lbs. butternut squash, peeled,
seeded and diced into 2-inch pieces
4 med. shallots, peeled and left whole
2 Tbps extra-virgin olive oil
Salt & pepper to taste
2 oz. bacon, diced
1 cup diced leeks, white part only
1/3 cup finely diced carrots
1/3 cup finely diced celery
1 clove garlic, minced
1 teaspoon finely chopped sage
2 quarts reduced sodium chicken or
vegetable stock, divided
2 teaspoons maple syrup, or to taste