



Winchester  
District  
Memorial  
Hospital

# Preventing Diabetes Newsletter

VOLUME 13, ISSUE 1

APRIL 2019

## Quote of the Day

IF YOU HAVE  
TIME FOR  
FACEBOOK,

ashleyvillandy.blogspot.com

YOU HAVE TIME  
FOR A WORKOUT.

## No Time to Exercise? HIIT it!

By now, most of us have heard and understand the message that being active on a regular basis is good for our overall health. The benefits range from improving our stamina to reducing our risk of diabetes and heart disease. In particular for people with pre-diabetes, it helps improve insulin resistance which helps control your blood sugar.

Despite the benefits, only about a quarter of the adult population of Canada (based on the 2016 Health Status of Canadians report) are considered active enough to meet the Canadian Physical Activity guidelines ([http://www.csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_adults\\_en.pdf](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf))

Lack of time to exercise is reported as the number one barrier to exercising regularly<sup>1</sup>. If this sounds like you, **High Intensity Interval Training**, known as **HIIT**, may be the solution you've been looking for!

HIIT workouts are shorter and switch back and forth between periods (intervals) of really vigorous exercise (high intensity) and recovery exercise (slower). Hence the name High Intensity *Interval* Training. This style of exercise gives you the same benefits of longer moderate intensity workouts but in a shorter period of time.

Putting HIIT into practice. What does it look like? For someone starting out, HIIT can be as simple as adding a few periods of 'picking up the pace' for 30 to 60 seconds during a walk or bicycle ride.

If you prefer a structured workout, another example would be doing one minute of intense exercise followed by one minute of slow recovery exercise—this is then repeated 6 to 10 times for a total of 10 to 20 minutes. For example; using a stationary

bicycle, you would go 'all out' for 60 seconds, then follow this by 60 seconds of normal pedaling. You would repeat this fast/slow cycle 6 to 10 times.

To figure out if you are working at a high enough intensity during the 'all out' part, you can rate yourself during your workout by using the "Rating of Perceived Exertion" (RPE) chart below. The goal is to reach a 7 to 8 on the RPE chart.

Just like any other exercise or workout, it's important to include a warm up and cool down time to help prevent injuries.

If you have any concerns or if you have any existing medical conditions that prevent you from exercising, make sure to get the 'ok' from your doctor before starting any vigorous exercise program.

As always, we hope this helps you. Any questions—email us [diabetes@wdmh.on.ca](mailto:diabetes@wdmh.on.ca).

### Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bonbons.



## Parmesan Chicken with Artichoke Hearts



### Ingredients

- 4 boneless skinless chicken breast halves (about 6 ounces each)
- 3 teaspoons olive oil, divided
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 2 cans (14 ounces each) water-packed artichoke hearts, drained and quartered
- 1 medium onion, coarsely chopped
- 1/2 cup white wine or reduced-sodium chicken broth
- 2 garlic cloves, chopped
- 1/4 cup shredded Parmesan cheese
- 1 lemon, cut into 8 slices
- 2 green onions, thinly sliced

Recipe from [www.tasteofhome.com](http://www.tasteofhome.com)

### Instructions

**Makes:**  
**4 servings**

1. Preheat oven to 375°. Place chicken in a 15x10x1-inch baking pan coated with cooking spray; drizzle with 1-1/2 teaspoons oil. In a small bowl, mix rosemary, thyme and pepper; sprinkle half over chicken.

2. In a large bowl, combine artichoke hearts, onion, wine, garlic, remaining oil and remaining herb mixture; toss to coat. Arrange around chicken. Sprinkle chicken with cheese; top with lemon slices.

3. Roast until a thermometer inserted in chicken reads 165°, 20-25 minutes. Sprinkle with green onions.

**Nutritional analysis per serving**  
**(1 chicken breast half with 3/4 cup artichoke mixture)**

Calories 339kcal, Protein 42g, Carbohydrates 18g, Fibre 1g, Fat 9g, Sodium 667mg

Serve with barley, rice or quinoa along with side salad for a complete meal.

## FYI

- ⇒ For those interested in finding out more on how to maintain your weight or promote a bit of weight loss, we will be running a 'Your Best Weight' class April 25, 2019. To register, please call (613) 774-2420 x6765. To see what other classes we offer, go to [www.wdmh.on.ca/diabetescalendar](http://www.wdmh.on.ca/diabetescalendar)
- ⇒ Interested in free workshops and webinars on living a healthy life with chronic health conditions or chronic pain? Check out [www.livinghealthyhamplain.ca](http://www.livinghealthyhamplain.ca).
- ⇒ Looking for exercise classes in your community—some are even free! Check out <https://www.champlainhealthline.ca/libraryContent.aspx?id=20751#SDG>
- ⇒ Want to try 'Urban Polling'? We have ten sets of urban poles you can borrow to try it out.

**Interested in trying out HIIT?** Below are a few websites that offer free videos or written workouts for you to try.

<https://bodyrebooted.com/hiit-over-50-home-workout-20-minutes-light-or-no-weights/>

<https://www.daimanuel.com/2016/10/17/5-hiit-workouts-that-are-perfect-for-older-adults/>

<https://christinacarlyle.com/full-body-hiit-workout-for-women/>

<https://positiveroutines.com/top-fitness-apps-hiit/>

<https://www.bemilitaryfit.com/blog/hiit-workout>

References:

1— M.E. Francois et al, Effectiveness and safety of HIIT in patients with type 2 diabetes, *From Research to Practice*, 2015, vol 28—1