



Winchester  
District  
Memorial  
Hospital

# Preventing Diabetes

VOLUME 10, ISSUE 3

JULY 2016

## Health Quote of the Day

**Exercise**  
TO BE FIT, NOT 'SKINNY'

**Eat**  
TO NOURISH  
YOUR BODY

AND  
ALWAYS... **Ignore**  
THE HATERS, DOUBTERS &  
UNHEALTHY EXAMPLES THAT  
WERE ONCE FEEDING YOU.

**You**  
ARE WORTH MORE  
THAN YOU REALISE.

## Movin' movin' movin' Gotta keep that body movin'

**Newsflash!**—Being active on a regular basis is good for your health. Is this news to anyone? No, not really. But as they say, the devil is in the details: What kind of activity or exercise should I be doing? How long should I be doing it? How hard do I push myself? Is walking enough? What about lifting weights? We go over these questions and more in our 2 hour class called 'Physical Activity and Diabetes'.

Not only do you get all kinds of useful information, we also give you a free (good quality) pedometre with a walking program and starter resistance band with a basic workout plan.

To help prevent diabetes, the Canadian Diabetes Association recommends making changes to your diet and to your lifestyle; which includes **150 minutes of moderate-intensity physical activity per week**. Seems simple enough but let's break it down a bit.

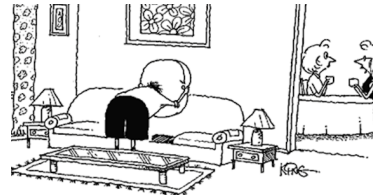
150 minutes of physical activity per week translates to:

- 20 minutes every day
- OR
- 30 minutes 5 days a week
- OR
- 50 minutes 3 times a week

Regular physical activity helps your body keep blood sugar under control by making you more sensitive to insulin. Insulin's job is to help sugar get into the cells that need it (like muscle cells) instead of staying in the blood stream.

It's important that you don't take a break from being active for more than two days in a row—longer than that and you lose some of the blood sugar control benefits.

Any activity that gets your body moving is good for your health but the key for diabetes prevention is the intensity of the activity. Examples of activities that are usually considered 'moderate effort or moderate intensity' include; gardening, raking, walking, swimming, dancing, climbing stairs, bicycling, rowing/paddling, mowing the lawn with a push mower, resistance training, aquafit, etc.



The doctor said he needed more activity. So I hide his T.V. remote three times a week.

The **Intensity** of an exercise is about how hard you (and your heart) are working. An easy way to tell if you are working at the right intensity is to use the 'talk test'. You should be breathing a little harder than normal but able to carry on a conversation. Below is the Rating of Perceived Exertion (RPE) chart to help you figure out the intensity of your activities.

The range for *Moderate intensity*, is from #4 to #6.

A moderate intensity activity can look different from person to person.

Walking may be a moderate intensity activity for some and a high intensity activity for others.

So, find things you enjoy doing, try new things or polish off old things you used to enjoy and keep moving. Hope this helps!

**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 pie!
#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.

## Strawberry Mango Salsa



- 1 1/2 cups diced strawberries
- 1/2 cup diced mango
- 1/2 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp. lime juice
- 1 tbsp. sugar
- 1/2 teaspoon salt
- 2 tablespoons tequila (optional)

- ⇒ In a large bowl, gently combine all ingredients. Refrigerate up to 8 hours.
- ⇒ Makes about 3 cups.
- ⇒ This salsa can be used as a dip with nachos, crackers or sliced zucchini OR as a topper for chicken, shrimp, scallops and fish. It can also be used instead of regular salsa in tacos and quesadillas.
- ⇒ I'll often add diced avocado to the leftovers the next day (when there is some!) and wrap in a whole wheat tortilla for lunch.
- ⇒ To make a salad meal of this recipe, add about 1 cup of either diced chicken, shrimp or white kidney beans and serve with whole wheat pita triangles and a glass of milk.
- ⇒ I don't usually add the salt to the recipe but I will add salt and pepper before serving. You can also add a dash of cayenne pepper to spice it up hot.
- ⇒ When strawberries are not in season, you can replace them with diced watermelon.

### Nutritional analysis per serving (1/4 cup)

Calories 22, Protein 1g, Carbohydrate 5 g, Fat 1g, Fibre 1g, Sodium 99mg

## FYI



- We're looking for some feedback folks! If you have time and an opinion, please contact us. We would like to know if you find the articles too basic, too complicated, relevant, not relevant, too long, too short..... We'd also like to know if there are topics or ideas you'd like us to cover. If you have any tips or recipes you'd like to share, please send them to us. This newsletter is for you and we want to make sure we cover topics that are interesting to you. Here's how you can contact us:

- Send us an email at [rcharlebois@wdmh.on.ca](mailto:rcharlebois@wdmh.on.ca).
- Leave a telephone message at 613 774-2420 x6766
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