

W.O.W.

WAC ON WELLNESS

NOVEMBER IS DIABETES PREVENTION MONTH

Diabetes can cause heart, kidney, and nerve damage, and it is often preventable! If you have a family history or are overweight, you are at increased risk, but there are simple lifestyle changes that can make a big difference.

Five Tips to Prevent Diabetes

- 1. Increase physical activity.** Benefits include easier weight control, lower blood sugar, and increased insulin sensitivity. Include both cardiovascular and strength training in your workout program for best results.
- 2. Eat plenty of fiber.** High fiber foods improve blood sugar control and reduce the risk of heart disease. A higher fiber diet has the added benefit of helping you feel full, a bonus for weight control. Where's the fiber? Foods high in fiber include fruits, vegetables, whole grains, and beans.
- 3. Whole grains may reduce the risk of diabetes and help control blood sugar.** Look for minimally processed grains. Try something new like teff, quinoa, or farro.
- 4. Lose (even a little) excess weight.** A large study found that participants who lost about 7 percent of their initial body weight and exercised regularly reduced their risk of diabetes by about 60 percent.
- 5. Give up the crazy diets and aim for healthier overall food choices.** Any fad diet can cause impressive weight loss – for a while – but most people will gain back most or all of the lost weight if the plan does not fit realistically into their lives. Aim for moderation in portion sizes and variety of choices.



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Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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