



Heart of America Medical Center - Wellness Center

Type 2 Diabetes and Exercise

By Tammy McClintock, CFT

Exercise is very important in managing type 2 diabetes. Combining diet, exercise, and medicine (when prescribed) will help control your weight and blood sugar level. What types of exercise are best for diabetes?

Strength Training and Type 2 Diabetes

The latest findings show that exercise such as strength training has a profound impact on helping people manage their diabetes. In a study of men and women, 16 weeks of strength training produced dramatic improvements in sugar control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident. The American Diabetes Association recommends that those with type 2 diabetes start a moderate strength training program (one set of 10-15 repetitions with weight up to 3 times a week). Once you become accustomed to the moderate schedule, you can move up to 3 sets of 10-15 repetitions with weight up to 3 times a week.

Aerobic Fitness and Type 2 Diabetes

Any activity that raises your heart rate and keeps it up for an extended period of time will improve your aerobic fitness. Aerobic exercise helps decrease the risk of type 2 diabetes and helps those with diabetes to better manage their blood sugar levels. Besides the health benefits, exercise is fun and boosts your mood. It's hard to feel stressed when you're walking fast on a treadmill or riding a bike with friends at the Wellness Center!

As with any exercise:

- always talk with you Doctor about specific precautions
- always warm up before exercising and take time to cool down when you are done.

Source: webmd.com

Depression and diet

By Kathy Brandt, LRD

Can what you eat help improve your mood or cause depression? Here are some facts that can help you understand the relationship between depression and diet.

Folate

Folate may help to improve mood by preventing an excess of homocysteine from forming in the body. This is important because homocysteine prevents blood and other nutrients from reaching the brain, and interferes with the production of serotonin, dopamine, and norepinephrine—all regulators of mood, sleep, and appetite. Folate is found in:

- Liver
- Mushrooms
- Green, leafy vegetables
- Lean beef
- Potatoes
- Whole-wheat bread
- Citrus fruits
- Peanuts
- Dried beans
- Wheat germ
- Peas
- Strawberries

Omega-3 fatty acids

Omega-3 fatty acids might increase the volume of gray matter in the parts of the brain responsible for regulating emotions.

Omega-3 fatty acids are found in:

- Salmon
- Herring
- Anchovies
- Tuna
- Flaxseed
- Canola oil
- Soy nuts
- Walnuts
- Butternuts (similar to walnuts)

Vitamin D

Vitamin D aids in the production of serotonin.

Vitamin D is found in:

- Fish-liver oils
- Fortified milk
- Herring
- Salmon
- Canned sardines
- Fortified orange juice
- Fortified cereal

Magnesium

Magnesium deficiency, although rare, may lead to depression, according to some sources. Magnesium is found in:

- Seeds
- Nuts, especially cashews and peanuts
- Legumes
- Cereal
- Dark-green vegetables
- Milk
- Wheat germ

Source: RD411.COM

Are you getting sleepy?

By John Brandt, PT

Are you getting enough sleep? In the U.S, we average approximately 6 hours of sleep per night. The latest research indicates we should be getting at least 7 ½ to 8 hours of sleep per night to be completely rested. When we don't get enough sleep we get what is known as sleep debt. Sleep debt is the cumulative result of not getting enough sleep.

What happens when we don't get enough sleep? Recent studies have shown that lack of sleep results in a decreased ability to fight disease, poor decision making and cognitive function, increased risk of health problems such as diabetes, high blood pressure and cardiovascular disease, and many others.

A key to good health is getting enough rest. Make sure you are getting the rest you need to stay healthy and fit. Have a happy and restful Holiday season!

SPECIAL

Members/new members who pay their Wellness Memberships in November get a free sports bag. Available upon request. Limited to first 10 or as supplies last.

Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 7 a.m.-Noon

November 2009

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 —Exercise —Healthy Habit —Water My goal this week is _____	2 Sports Accel 4:00	3	4 Sports Accel 4:00 Ball Class 5:30-6:15	5	6 Sports Accel 4:00	7
8 —Exercise —Healthy Habit —Water My goal this week is _____	9 Sports Accel 4:00	10	11 Sports Accel 4:00 Yoga 5:15-6:00	12	13 Sports Accel 4:00	14
15 —Exercise —Healthy Habit —Water My goal this week is _____	16 Sports Accel 4:00	17	18 Sports Accel 4:00 Ball Class 5:30-6:15	19	20 Sports Accel 4:00	21
22 —Exercise —Healthy Habit —Water My goal this week is _____	23 Sports Accel 4:00	24	25 Sports Accel 4:00	26 Wellness Center Closed	27 Sports Accel 4:00	28
29 —Exercise —Healthy Habit —Water My goal this week is _____	30 Sports Accel 4:00	NOVEMBER IS AMERICAN DIABETES MONTH Exercise regularly to prevent or manage diabetes.				

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