



ST. ANDREW'S FAMILY FITNESS NEWS

Monthly Newsletter curated by the
St. Andrew's Family Fitness Team!

November is National Diabetes Awareness Month

UPCOMING EVENTS

- **November 11:** Navigating Medicare- FREE lecture featuring Sherry Roberts, guest speaker from AmeriLife. 12:30 pm, downstairs studio.
- **November 13:** Chen Style 18 Form Tai Chi FREE workshop featuring Dr. Maurice Olfus. 6:30 pm, upstairs studio.
- **November 20:** Get Fit Before You Feast! Mary Gioannetti's holiday exclusive Pilates workshop. \$10 for members. \$20 for nonmembers.
- **November 28:** Happy Thanksgiving! FFP will be closed!
- **November 30-** Aqua Yoga beginning at 10:15 am

The word "November" is written in a blue cursive font inside a white rounded square with a blue border.

MEMBER SPOTLIGHT



Pam Beck was diagnosed with cancer several years ago and has been cancer free now for 9 years. She has been a member at SAFFP for 3 of those years. The recovery journey has been tough- but Pam continues to be up for any challenge. Her main goals are to continue gaining strength and endurance so she can stay out of a wheelchair and eventually be able to walk 1 mile again. With the help of the friends she's made while attending SAFFP's Silver Strength class and her fitness instructors- Pam is well on her way to achieving her goals! A big piece of her success is Pam's high level of self-accountability; she sticks to a regular exercise routine, no matter what. We're proud of you, Pam! Keep going!

HEALTH & WELLNESS TIPS

Exercise Snacks to Control Blood Sugar

Even if you're not a diabetic, making sure you're fueled properly for exercise is a great habit to maintain strength and endurance during any workout. Here are some simple snacks to consider one-two hours before your next workout:

- 3 whole-wheat crackers with 2 tbsp natural peanut butter
- Small pear and a small handful (12) almonds
- 6 ounces of plain, low-fat yogurt with 1 tbsp. of mixed nuts
- 1/2 cup of blueberries and 1/2 cup of low-fat cottage cheese
- Small protein bar with around 15 grams carbohydrate
- 1 small apple with 1 tbsp peanut butter
- Turkey sandwich on whole-wheat bread with mayo

Take Diabetes to Heart

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke!

If you or a loved one has been diagnosed with Diabetes, follow these simple steps to take "Diabetes to heart":

1. Manage your A1C, blood pressure and cholesterol levels
2. Develop or maintain healthy eating habits
3. Learn ways to manage stress (like joining a group fitness class!)
4. Stay on top of your medications
5. Stop smoking or using other tobacco products