

Diabetes & Lifestyle



The CDC reported that as many as one in three Americans could have diabetes by 2050. Currently, about 24 million people in the United States have diabetes and 60 million have prediabetes, a condition in which blood sugar and insulin are approaching abnormal levels.

Exercise is a great way to reduce the risk of diabetes and to manage the condition once it's diagnosed. Exercise reduces the risk of diabetes by helping people improve insulin and blood sugar production. Exercise is beneficial for weight loss and for helping to reduce abdominal fat, which can be especially risky when it comes to diabetes.

However, too few Americans, diabetic or not, get enough regular aerobic physical activity. The American College of Sports Medicine and the American Diabetes Association recommend that people get at least 150 minutes of moderate-to-vigorous cardiovascular exercise in a week. That's just 30 minutes, five days a week! It's best not to skip more than two consecutive days of exercising.

Whether you have type II diabetes or want to prevent it, staying active is your best defense. Plus, exercise just makes you feel good, physically and mentally!



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

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"Regular exercise plays a vital role in prevention and management of type II diabetes. Exercise helps control blood sugar levels and reduce the risk of obesity, high blood pressure, and heart disease. Use exercise for managing diabetes. You will feel better and improve your health."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>♥ American Diabetes Month</p> <p>📅 Site-Wide Preventive Health Challenge 10.1.12 - 11.8.12 www.amhchallengetracker.com</p> <p>📅 Flu Clinics—visit our website for a schedule Flu Clinic Hotline: 376-1000</p>				1	2 📅 Hanford WorkFit Leader Training	3
4	5	6 📅 Weight Loss Convoy	7 📅 Weight Loss Convoy ALUMNI Meeting	8 📅 Site-Wide Health Fairs Site-Wide Preventive Health Challenge — Finish	9	10	
11 ★ Veteran's Day	12	13 📅 Weight Loss Convoy	14 ♥ World Diabetes Day	15 ♥ Great American Smokeout	16	17	
18	19	20 📅 Weight Loss Convoy	21	22 ★ Thanksgiving ♥ National Family Health History Day ♥ Tie One on for Safety Campaign — Start	23	24	
25 ♥ National Influenza Vaccination Week — Start	26 ♥	27 📅 ♥ Weight Loss Convoy	28 ♥	29 ♥	30 ♥		

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Service Spotlight: Work Conditioning/Preventive Exercise The Work Conditioning and Preventive Exercise programs are designed specifically for the individual needs of the worker and can be used for prevention and management of various musculoskeletal and health conditions. For more information or to schedule an appointment, call Industrial Rehabilitation at 376-2109 or 376-9040.

- ♥ Health Observance
- 📅 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____