



Diabetes Life Lines

Move It, Every Month!

The temperature is beginning to drop, and you might be wondering how to keep up with Mr. Sun-approved exercise routines. The colder weather is the perfect time to change your plans! The season changes are a good opportunity to make new goals and spice up your routine. Using shorter intervals can also help you include aerobic, strength, and stretching-based activities¹.

As summer turns to colorful fall, take advantage of the milder weather. A new place can allow you to enjoy the autumn breeze. If you have been walking on a treadmill indoors, move to an outdoor track or trail to enjoy the fall colors and cooler temperatures. Take your Tai Chi outdoors to earn an extra sense of calmness and clarity.

When fall turns to winter, you might consider changing your plans again. The colder winter can give you an opportunity to take physical activity indoors. Try new classes such as Zumba® and yoga at your local rec center, senior center, or YMCA. Many offer classes at a discount price for seniors. You can also do

indoor strength training using low cost exercise bands or household items like soup cans. Work on grip strength by squeezing a tennis ball for a few seconds at a time. Even standing up out of a chair and sitting back down is a good exercise.

Or, try an indoor version of an outdoor sport. These include racquetball, swimming, and table tennis (ping pong). Keeping up with or joining a bowling league is also a good choice as the weather cools off. New activities are a great way to increase your interest, motivation, and challenge different muscle groups. Some exercises may improve your balance in addition to taking care of your heart, building strength, and maintaining bone health.



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If you choose to stay outside in the cooler months, there are several ways to stay warm. Increasing the intensity of your physical activity (working harder) can keep you warmer. If you normally enjoy a leisure walk, try picking up the pace for a slight jog. Make sure you have the right clothing for outdoor activities when it gets colder. Always wear padded, polyester-blend socks and supportive athletic shoes for activities. Stay warm with running tights, layering long sleeves and jackets, gloves, and fleece headbands. The best motivation is a friend, so have a friend join you.

Don't forget to stay hydrated! Even though it may be chilly, you can still become dehydrated. You should drink water and monitor your blood glucose before and after exercise. Be sure to check yourself for sores and cuts before and after physical activity. It is of utmost importance that you regularly inspect your feet for non-healing wounds. If you notice a cut or blister that does not heal, talk to your doctor before resuming activity.

Don't let the weather get you down. Remember to move it every month!

Check out <https://go4life.nia.nih.gov/exercises> for exercises specific for older adults!

Tips for Holiday Meals

The holidays are a time of friends, family, and often too many calories. October starts the run of Halloween candy, fall festival favorites like apple pie, Thanksgiving turkey with all the fixin's, and then Christmas cookies and Hanukkah latkes. It can seem overwhelming, but don't fret! You can enjoy the holidays without ruining your health plan by being mindful and following a few tips:

- Go back to basics: fill half your plate with non-starchy vegetables
- Put your fork down between bites
- Wear clothes that are form fitting- you won't want to eat as much!
- Walk down the entire buffet to see your choices before getting in line
- Bring a side dish that fits your diabetes meal plan
- Go for a walk after your meal
- Bring a piece of gum or breath mint to eat as soon as you're done. Or better yet, if you're at home, brush your teeth!
- Most importantly, focus on friends and family

Get “Smart” About Tracking your Diabetes

With the popularity of smart phones, it seems that there is an “app” for everything. Did you know there are apps available for diabetes management? If you currently write down your blood glucose levels and carbohydrate intake and love using your smart phone, a phone app may be right for you. It can be difficult to choose an app, so here are some questions to ask yourself as you search.

Are you willing to pay for an app?

While there are a number of free apps on the market, some features may not be accessible unless you purchase an upgraded version. Before you commit to buying an app, download the free version to try for a few days. You may decide the additional features are worth it!



Is it a high-quality app? Reading reviews can provide insight into the frequency of glitches and other problems. You can also check how often the app is updated by looking at Version History. It should be updated at least every six months to provide current information and fix any “bugs.” Finally, see if the app has received recognition from reputable sources like the American Diabetes Association, certified diabetes educators, or physicians. Although this is not a requirement, it is a bonus!

What information do you want to track? Make sure that the app allows you to at least track blood glucose readings, insulin doses, and carbohydrate intake. In some apps you can track other information, such as physical activity, water intake, medications, and lab values like your A1C, cholesterol, and blood pressure. Logging more information can be time-consuming, but it can also be beneficial to keep everything in one place.

What else can it do? Diabetes management apps have other various features you might find helpful. Some examples are:

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- Ability to save, print, or email your records
- Graphs that show blood glucose levels over time
- Tips for managing diabetes based on your log
- Password protection
- Upload blood glucose levels into app from glucose monitor
- Reminders to take medication or check blood glucose



Is it appealing to look at? Last but not least, you want an app that looks good. This might not seem important, but remember that you will be using the app multiple times every day. The app should also be easy to use. If it's not, you will be less likely to use it. You can look at screenshots in the App store to get an idea, but you may also need to try the app for a few days before fully committing.

Maybe this has inspired you to search through the app store and download a diabetes management app. It can be a useful tool for tracking your blood glucose history and sharing this information with healthcare providers.

Your physician, registered dietitian, or diabetes educator may be able to suggest specific apps that work well. If you download an app and don't love it, delete it and try another one! Different options are available, so find the one that works best for you.

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Recipe Corner

Roasted Honey Herb Carrots

Many holiday recipes, like sweet potato casseroles, while delicious, can send your blood sugar sky high! Consider getting some holiday sweetness from a recipe like these Roasted Honey Herb Carrots. There is some added sugar from the honey, but a small amount when compared to the syrups, marshmallows, and brown sugar found in many sweet potato casseroles. The cinnamon in this recipe and the roasting process also helps bring out the natural sweetness of the carrots and the thyme adds a nice woody flavor.

Ingredients:

4 cups Carrots – baby carrots or regular carrots, peeled, and cut however you prefer
 2 Tablespoon Honey
 2 Tablespoon Thyme, fresh, chopped
 1/8 teaspoon (a pinch) Pepper, Black, Ground
 1/8 teaspoon (a pinch) Cinnamon, Ground
 1/8 teaspoon (a pinch) Salt, Table
 1 teaspoon Oil, Olive



Directions:

1. Preheat oven to 425 degrees.
2. Place large baking sheet in oven to warm while oven preheats.
3. Toss carrots with oil, honey, thyme, pepper, cinnamon and salt in a large bowl.
4. Remove baking dish from oven, and spread carrots evenly across pan.
5. Roast for 30 minutes or until carrots are fork-tender.

Makes 4 servings

Nutrition Information:

Calories 72, Total Fat 1.4 grams, Saturated fat 0 grams, Cholesterol 0 mg,
 Sodium 148 mg, Carbohydrate 15 grams, Fiber 3 grams, Protein 1 gram,
 Vitamin A 364%, Vitamin C 9%, Calcium 3%, Iron 3%

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Dear Friend,

Diabetes Life Lines is a bi-monthly publication sent to you by your local county Extension agent.

It is written by an Extension Nutrition and Health Specialist and other health professionals from the University of Georgia. This newsletter brings you the latest information on diabetes self-management, healthy recipes and news about important diabetes-related events.

If you would like more information, please contact your local county Extension Office.

Yours truly,

County Extension Agent

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