



CHOICE

Choice Quarterly Newsletter Issue 2

Summer 2013

Communal Health of Interacting Couples Study

Update from Dr. Helgeson

It was last year at this time that we were putting this study together. We currently have 54 participants in the study and we will be call to schedule over the summer. Ages range from 37 to 72. We have been to doctors' offices, health fairs, community

events, beauty salons, churches, and community centers to let people know about the study. We had an article about the study featuring two of our participant couples in the spring issue of the Soul Pitt magazine. If you know anyone recently

diagnosed with type 2 diabetes, please give them our contact information.

Winter is over, spring was brief, and summer appears to be here!

Enjoy!

Fun Exercise: Gardening!

This may come as a surprise, but gardening is one of the best workouts. In fact, only half an hour of gardening can burn 150 calories! Turning over your compost pile, pulling weeds by hand, and raking leaves works out your upper body including your upper arms, shoulders, chest, and back. Digging is good for your thighs and glutes, while pushing

a lawn mower does wonders too. Gardening involves your whole body. The great thing about gardening is that there is such a wide range of activities suitable for any age and any level of physical exertion. There is something for everyone. Now that spring is here, get gardening!

Source: <http://www.cleanairgardeni ng.com/gardenexercise.html>

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Recipe: Equal® Banana Berry Smoothie

Plain nonfat yogurt helps to boost the protein in this fruit-flavored easy to make drink.

Serves: 4

Ingredients

2 cups plain nonfat yogurt
1 medium size ripe banana, peeled, sliced
1/2 cup Equal® Spoonful or Granulated*
2 tablespoons lemon juice
2 cups frozen unsweetened whole strawberries
1 cup frozen unsweetened red raspberries

*May substitute 12 packets Equal® sweetener

Preparation

Combine yogurt, banana, Equal® and lemon juice in blender or food processor; cover. Blend until smooth. Add half of frozen fruit. Blend until smooth. Repeat with remaining frozen fruit. Serve immediately in tall glasses.

Nutrition Information

Calories: 147
Total Fat: 0 g
Saturated Fat: 0 g

Cholesterol: 3 mg
Sodium: 121 mg
Total Carbohydrate: 31 g
Protein: 9 g
Food Exchanges: 1 milk, 1 1/2 fruit

Source: <http://www.diabetes.org/food-and-fitness/food/recipes/banana-berry-smoothie.html>



Diabetes Resource : Living with Type 2 Diabetes

The American Diabetes Association offers a program for recently diagnosed individuals with type 2 diabetes. This program is called Living with Type 2 Diabetes.

The program includes informational packets on how to manage and live with diabetes, recipes, three free copies of the *Diabetes Forecast* magazine, access to local events, and more.

You can enroll online at : <http://www.diabetes.org/living-with-diabetes/recently-diagnosed/living-with-type-2-diabetes/?loc=leftrailpromo-link2>

You can also sign up by phone. Just call 1-800-DIABETES (1-800-342-2383)

Once enrolled you can choose to receive program information by postal mail or online.

Tip for Mindful Eating: Convenience leads to Consumption

We are more likely to eat easily visible food on the counter than food in the depths of the refrigerator. Use this to your advantage! Leave a bowl of fruit or veggies out on the counter and put the cake away in the fridge. It even helps to organize your refrigerator in this way too: place healthy foods at eye level and move the less healthy food to the bottom shelves. Always avoid leaving open contain-

ers of cookies or unhealthy snacks on the counter. It's just too convenient to have too many snacks when they are right there!



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