



Inside this issue:

<i>Note from Vicki</i>	1
<i>Exercise Tip</i>	1
<i>Recipe</i>	2
<i>Diabetes Facts</i>	2
<i>Diabetes Event</i>	3
<i>CHOICE Staff Contact Information</i>	3

Dear CHOICE Participants:

We now have 170 couples in our study! We have one year left to recruit the final 40 participant couples. We have plenty of white male participants in our study but need to find more white female participants, black male participants, and black female participants. If you know anyone who might qualify, please give them our contact

information.

We have been sending you newsletters and periodically calling you to update your contact information in case we have a followup study. We are going to apply for funds in November to conduct a 5-year followup. We won't hear back about that until well into 2017, however. We will keep you

posted.

Thank you for making this such a fantastic study!

VICKI HELGESON

Use a Chair!



Did you know you can get your recommended daily workout by using a chair? Here's how!

First, have the proper posture.

Sit up straight on your sitz bones and tighten your belly. Lift your rib cage. Hold your neck long and tall. Breathe from your belly. Maintain this posture throughout.

March in place.

Swing the opposite arm as you march each foot forward.

Seated jumping jacks.

Start with your knees bent and arms resting at your sides. Then, extend your legs straight and wide with heels on the floor. Raise your arms in a V. Then, bring your limbs back to the center. Repeat.

Goalpost arms.

Bring your forearms together in front of your face. Return your arms to the starting point and then repeat motions.

Release tension.

Stretch and reach arms over your head to lengthen the spine. Alternate moving your hands as though you're climbing a rope, pulling yourself up.

Source: <http://www.diabetesforecast.org/2014/06-jun/8-exercise-moves-you-can-do.html>

Recipe: Banana Chocolate “Ice Cream”



NUTRITION FACTS

Serving Size	1/2 cup
Calories	80
Carbohydrate	18 g
Protein	2 g
Fat	0.5 g
Saturated Fat	0.2 g
Sugars	9 g
Dietary Fiber	2 g
Sodium	15 mg
Potassium	250 mg

INGREDIENTS

2 medium bananas
 1/3 cup fat-free milk
 2 tbsp. cocoa powder
 1 cup fat-free whipped topping

DIRECTIONS

1. Peel bananas and slice into 1/4 inch coins. Place in a bowl and freeze for at least 2 hours.
2. Once bananas are frozen, add the bananas, milk, and cocoa powder to blender. Blend until smooth.
3. Fold in the whipped topping.
4. Place mixture in a freezer-safe container and freeze for at least 30 minutes.
5. Scoop into 1/2 cup scoops to serve.

Source: <http://www.diabetes.org/mfa-recipes/recipes/2016-3-banana-chocolate-ice-cream.html>

Be Aware of Your Sugar Intake

Food companies toss added sugars into almost three-quarters of all packaged products. This even includes nutritious-sounding items such as instant oatmeal and peanut butter. They even add sugar into foods that aren't supposed to be sweet, such as tomato sauce and crackers.



Sugars found in dairy and fruit come in smaller doses. They're also packaged with fiber, protein, vitamins, and minerals, which means they don't affect your blood sugars as drastically!

What's Your Type? Diabetes Meet and Greet Picnic



Date: August 21, 2016

Location: Garner Shelter, North Park

Time: 10:00 AM—2:00 PM

RSVP by August 8, 2016 to sdavis@diabetes.org or by calling 412-824-1181

The ADA is hosting a meet and greet picnic with the purpose of mingling with other people living with diabetes.

The picnic will also give you a chance to take advantage of the many resources that the ADA has to offer.

You can talk with medical professionals in the Pittsburgh area, and representatives from major pharmaceutical companies.

You can even have a chance to get some exercise in through hiking and bike riding.

There will be food, drinks, music, and much more!



CHOICE Staff

Dr. Vicki S. Helgeson

phone: 412-268-2624

email: vh2e@andrew.cmu.edu

Pamela Snyder

phone: 412-268-2784

email: ps3x@andrew.cmu.edu

Gianna Davis

phone: 412-268-8027

email: gswetz@andrew.cmu.edu

Tiona Jones

phone: 412-268-4114

email: tionaj@andrew.cmu.edu

Katilyn Mascatelli

Graduate Student Researcher

email: kmascate@andrew.cmu.edu

Melissa Zajdel

Graduate Student Researcher

email: scharles@andrew.cmu.edu

