



DSE QUARTERLY NEWSLETTER

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SPRING 2018

DEAR DSE PARTICIPANTS,

You have all graduated from the CHOICE study and now have the opportunity to participate in our followup study: *Diabetes and the Social Environment*, or *DSE*. We enrolled the first couple just before the holiday and then really kicked it into gear in January. We have had about a half dozen of you participate so far, and we are in the midst of scheduling other couples. We will be reaching out to each of you over the next couple of years to invite you to participate in this new study. The compensation is similar to that which you received in CHOICE.

If you have moved or changed contact information, we would be extremely grateful if you would let us know. Feel free to email or leave a message on the number below.

We hope you enjoy the newsletter. We look forward to seeing all of you again!

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Apps for Staying Healthy

There are quite a few apps out there to help with diet, exercise, and overall health. Here are a few you could give a try!

Diabetes in Check: Coach, Blood Glucose & Carb Tracker

iPhone, Free



- Type 2 diabetes app designed to help you: lower blood sugar, get active, eat better, manage weight
- Digital coaching and reminders
- Recipes, personalized meal plans

Lose It! - Calorie Counter

iPhone & Android, Free



- Log food using barcode scanner, Snap It feature
- Track calories, nutrients, body measurement goals
- Serving size guide, meal targets

MyFitnessPal

iPhone & Android, Free



- Diet and Exercise Journal
- Track calories, nutrients
- Log cardio, strength exercises, create a step goal
- Connect with friends and community for motivation/support

Exercises to Improve your Balance



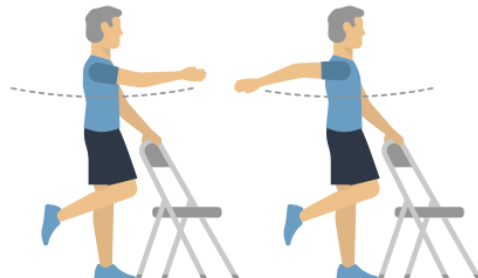
Flamingo Stand



Side Leg Raises



Toe the Line



Clock Reach

FLAMINGO STAND

1. Stand with feet together and arm relaxed at sides. Hold onto a chair for support if needed.
2. Bend one knee to lift the foot slightly off the ground and balance with your other leg.
3. Hold for 10-30 seconds and repeat with other leg.

SIDE LEG RAISES

1. Stand behind a chair or counter with one or both hands using it for support.
2. Lift your right leg out to the side and repeat 10 times for each leg.

TOE THE LINE

1. Stand with arms relaxed at sides.
2. Move one foot forward, placing the heel of one foot touching or as close as possible to the toes of your other foot. Repeat for 15-20 steps.

CLOCK REACH

1. Begin standing, holding a chair with your left hand. Imagine a clock with 12 o'clock in front of you and 6 behind.
2. Stand on your left leg, point your right arm to 12 o'clock, then point to 3 o'clock, and then towards 6 o'clock behind you. Repeat this exercise twice per side.

National Get Fit Don't Sit Day: May 2, 2018

This day is to increase awareness of the dangers of excessive sitting and the importance of getting up and moving throughout the day—including at work.

The American Diabetes Association recommends breaking up sitting time with three or more minutes of light physical activity—such as walking, leg extensions or overhead arm stretches—every 30-90 minutes.

**NATIONAL
GET FIT
DON'T SIT DAY™**
GET UP & MOVE!

Curried Chicken Salad Wraps

Delicious to eat cold or hot!

Makes 4 servings (4 wraps)



Ingredients

½ cup fat-free or low-fat mayonnaise dressing or salad dressing
½ teaspoon curry powder
⅛ teaspoon ground black pepper
2 cups chopped cooked chicken breast (about 10 ounces)
¼ cup sliced green onions
4 romaine leaves or 8 fresh spinach leaves
4 7inch whole wheat flour tortillas
1 medium tomato, chopped

NUTRITION FACTS

Calories	246
Carbohydrate	18g
Protein	28g
Fat	5g
Saturated Fat	1g
Dietary Fiber	9g
Cholesterol	60mg
Sodium	537mg

<http://www.diabeticlivingonline.com/curried-chicken-salad-wraps>

Instructions

1. In a medium bowl, combine mayonnaise dressing, curry powder, and pepper. Stir in chicken and green onion. Cover and chill for 2 to 24 hours.
2. To assemble, place a romaine leaf or two spinach leaves on each tortilla. Top with chicken mixture and tomatoes. Roll up; cut in half to serve.

Tip: To warm tortillas, preheat oven to 350°F. Wrap tortillas tightly in foil. Bake about 10 minutes or until heated through.

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