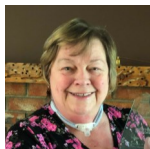




Let's End Diabetes



November 14 ~ National Diabetes Day

November 14 is National Diabetes Day; the month of November is Diabetes Awareness month. Hopefully your club has something planned to bring awareness to your community.

Is your club involved in the District Step Challenge? How about your club challenging each other to go an extra kilometer each day, that's about 1,400 steps a day! This is particularly important not just because of the extra steps undertaken, but the fact that Lions are walking i.e. taking exercise for Diabetes they are at the same time reducing their own risk of developing Type 2 Diabetes!

Diabetes rates in Canada have almost doubled over the past decade and will continue to rise. Unless action is taken now, one in three people will be living with diabetes or pre-diabetes by the end of the decade.

Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% of kidney failure requiring dialysis, and 70% of non-traumatic lower limb amputations and is a leading cause of vision loss. (Risk of blindness being 25 times higher than those without diabetes).

District Step Challenge

The month of October finished off with a total of 23,153,937 steps in the challenge. It's not too late to join up, get your club active, come on join in! Here's your chance to win the most awesome size 12 Golden Runner! Don't forget, there is an award for the single person with the most steps!



Gabriola Island Lion Dixon Kenny in Yellowstone



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Burn Baby Burn

Each month I will put an activity here with the approximate number of calories they burn. Before launching into any of these activities, be sure to consult your doctor. * All calories are based on a 150 pound person. (A heavier person will burn more calories).

Ice Skating: Ice skating gives you all the benefits of running without the joint stress. A half hour on the ice consumes about 252 calories. Skating provides an excellent workout for your thighs, calves, hamstrings and buttocks. The twists and turns also tighten and tone your abs. Holding out your arms helps you balance and also works the deltoids, biceps and triceps.

Did You Know ~ How's your nutrition?



Here are a couple of tips to help you out.

Be sure to eat breakfast, this provides a good start to the day. Eat three meals per day at regular times spacing meals no more than six hours apart. Eating the right amount at the right time helps keep your blood glucose in balance. Pack healthy foods with you in case you are going to be away from home at meal time.

What to eat.

Choosing foods from all food groups will make sure that the body gets all nutrients it needs. Limit sugars and sweets such as regular soft drinks, deserts such as donuts, ice cream, cakes etc. The more sugar you eat or drink, the higher your blood glucose will be. Limit high fat and greasy foods, high fat foods are hard on the heart and may cause weight gain. Eat at least two different kinds of vegetables at each meal, remember, vegetables are high in the nutrients the body needs. Include high fibre foods, these will help you feel full and lower your blood glucose and cholesterol levels. And, if you are thirsty, drink water. Drinking regular pop, fruit juice, sweetened coffee/tea will raise your blood glucose.

How much to eat.

The right amount of food gives your body what it needs to be healthy. If you eat too much your body will store the extra energy as fat. Eat slowly and stop when you feel full and satisfied.

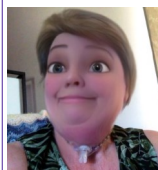
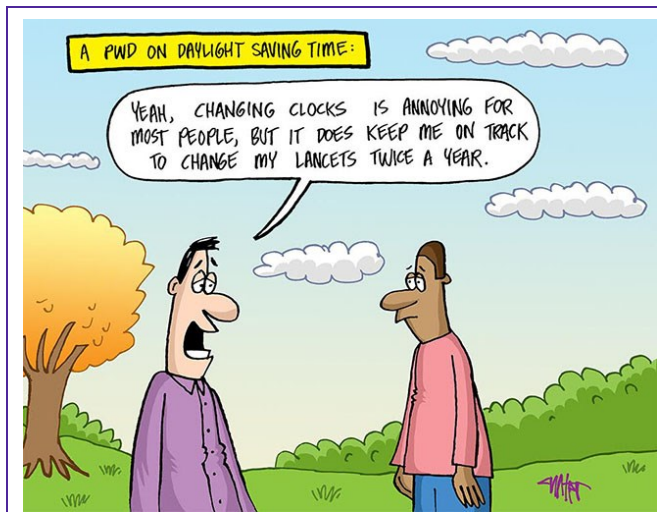
All information taken from the Diabetes Canada website :)

Food to Give Up or Add

Don't skip breakfast. Not only does it jump start your metabolism, it also gives you the energy you need to get through the day. Researchers at Harvard University found that those who ate breakfast every day were 44 per cent less likely to be overweight.



A Thought to Ponder



As the MD 19-I Diabetes Chair I feel that if I can bring awareness and education to the Lions of Multiple District 19-I, I will have accomplished something. This newsletter is a way of bringing different articles and information to you to keep you better informed of the affects of diabetes. Thanks for reading, if you have

any input or comments regarding the newsletter please direct them to me at

gdalmaine@gmail.com

PDG Georgia Medwedrich

MD 19-I Diabetes Chair