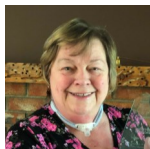




Let's End Diabetes



MD 19-I Step Challenge

We're about to start a new year of Lions. I am looking forward to another Step Challenge, or Fitness Challenge if you like. I hear there are a lot of clubs interested in joining in this year! I have already lined up my size 12 runner to make the renowned trophy!

Questions:

When do we start? Start walking on Monday September 12th, record your steps daily and report them each Sunday night (before you go to bed) or first thing Monday morning before you start stepping for the next week to your club Step Coordinator who will send the total of all walkers to me at gdalmaine@gmail.com

When does it end? Last reporting day to me is Monday, April 10th, 2023 The winner will be announced at the District Governors Convention on Saturday April 15th, 2023.

Any questions? Send me an email and I'll get back to you as soon as I can.



A Note about "Lace Up to End Diabetes" from Diabetes Canada (as we are already stepping for the step challenge, during the month of September just take one extra step and track your steps on the Lace Up app.)

Dear Lions,

Are you ready to join a movement? Lace Up to End diabetes is back this September with a whole new way to Lace Up Your Way. You choose the activity and you set the pace. Track your kilometers on the new Lace Up app for a day, a week, or all month long and move anyway you choose!

Joining Lace Up is a fun way to do good and feel good. Here's why:

- Encourage team building with a hybrid event experience that suits your workplace
- Promote club health and wellness by moving together or challenging each other
- Support an initiative for the 1 in 3 Canadians affected by diabetes or prediabetes

Join us today at laceup.diabetes.ca

Attached is a program overview for you and your club with more information.

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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).*

Swing Dancing: You can burn about 180 calories in a half hour by swing dancing. You'll be developing flexibility, core strength, and endurance — and you won't even feel as if you're exercising!

Did You Know

Just a reminder.... November is Diabetes Awareness Month. It is a special opportunity to focus on a diabetes project now or throughout the year. Over **422 million people worldwide** have Diabetes or pre-Diabetes. The Diabetes Canada Association, founded in 1953 by Dr. Charles Best, co-discoverer of insulin, is dedicated to helping people with diabetes live healthy lives while working to find a cure. Funds are used to support research medical/professional services, education and summer camps. Mail cheque to: (mark in the memo line if you would prefer funds to go toward something specific, ie. Camp or research etc.)

IN CANADA

Diabetes Canada
1300-522 University Avenue
Toronto, ON M5G 2R5
** Donations are processed back east,
but the donation stays in BC*

IN USA

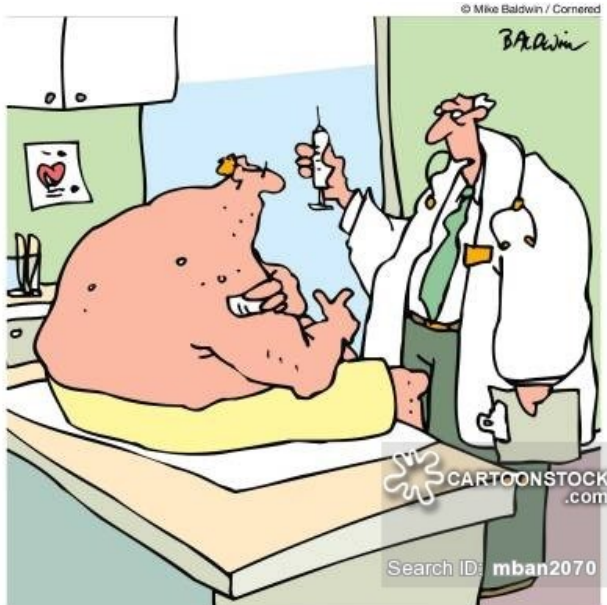
c/o PDG Laura Wintersteen-Arleth
c/o Spokane Central Lions Club 19E-1

Food to Give Up or Add

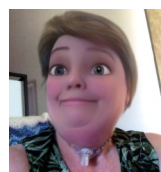
Use cooking methods that do not add extra fat to the dish. Steamed vegetables are especially flavourful when herbs are added to the steaming liquid. Broiled or grilled meats are lower in fat and develop a rich golden colour that adds visual and taste appeal. Baking, especially in a pan with a rack is another low fat cooking method. The microwave allows you to prepare food quickly without added fat. Barbecuing is another lower calorie cooking method.



A Thought to Ponder



"It wasn't really insulin. You don't have diabetes yet. It was just a warning shot."



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 gdmaine@gmail.com

PDG Georgia Medwedrich

MD 19-I Diabetes Chair