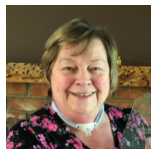




Let's End Diabetes



Does your club have a Diabetes Chair?

It's that time of year when elections are happening within clubs. Time to start picking your clubs leaders and chairs for next year in Lions. Consider if your club does not already have a Diabetes chair who can? Who will? The Chair will work with other Chairs in the District and with the District Diabetes Chair to discuss how you might support, expand upon and compliment ongoing projects. You will learn and help educate others about the prevalence of diabetes in your community. Help educate your club and community using the helpful tools that are available to you, or plan a diabetes service project. Bring awareness to your community and maybe through a project fundraise to help send a child to a Diabetic Camp, there is one in BC for Canadian children and one in Washington state for the American children. These camps are vital to diabetic kids, they help educate while having fun.

If you are asked to be the Diabetes Chair in your club and are unsure, send me an email with your questions, I'm more than happy to help all I can. I have been involved at the District level for over 12 years and if I don't have an answer, I'll find out for you. Contact me at gdalmaine@gmail.com

District Step Challenge

The month of February finished off with a total of 129,421,264 steps in the challenge. It's not too late to join up, add your steps to your fellow walkers, help keep your club active, come on join in! The numbers are coming in! The top three clubs will be announced along with the "runners" up at the Spring Convention on April 14 thru 16th. Hope to see you there!



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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).

Cycling: Cycling is an excellent non-weight-bearing (your weight is not being supported by your body) exercise and depending on your speed burns anywhere from 300 to 400 calories in half an hour. It provides great cardio and builds up thighs and calves.

Did You Know

We all know diet is important when you have diabetes because foods affect your blood sugar levels. Many beverages will do the same, so it's important to choose healthy drinks throughout the day. What you should drink if you have diabetes? Here are the top five best and worst drinks for diabetics.

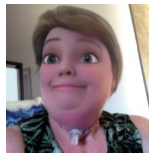
Best

- *Water:* Nature's nectar, water is the best way to stay hydrated.
- *Unsweetened tea:* Perfect in any weather, hot or cold, green or herbal an excellent choice.
- *Unsweetened coffee:* Try it without sugar, and if you prefer milk, try low fat, because of caffeine drink in moderation.
- *Sugar-free or homemade juices:* Even pure fruit juices will cause your blood sugar levels to spike, so drink in moderation.
- *Low-fat milk or milk alternatives:* Moderation is key, because even low fat milk can be a hidden source of carbohydrate. Try almond, soy or cashew milk.

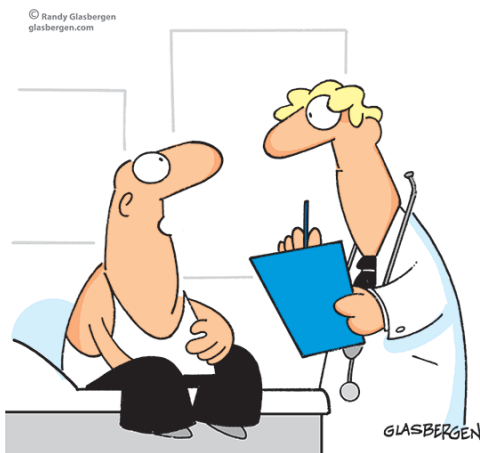
Worst

- *Soda or pop:* One 12 ounce can of soda has the equivalent of 10 teaspoons of sugar.
- *Energy drinks:* It has been shown that energy drinks (high in caffeine and carbohydrates) can make your blood sugar levels spike.
- *Sweetened fruit juices:* Similar to soda or pop, most fruit juices are loaded with sugar causing blood sugar spikes.
- *Diet soda:* Studies have shown that diet soda has been linked to weight gain and metabolic issues which are not good if you have diabetes.
- *Alcohol:* While most alcohol does not contain sugar, most mixed drinks do. Beer and wine are also a source of extra calories and carbohydrates which can affect your blood sugar levels.

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



Happy St Paddy's Day, this is from last year, and even though it is a Guinness and I should not be drinking it, it is a very small one!



"I try to eat healthy. I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer is 100% fat free."

A Thought to Ponder



Lions Clubs
International