

Monthly Health Zone

November is National Diabetes Month

November is a month where the US brings awareness to the growing prevalence of diabetes.

What is diabetes?

Diabetes is a condition where the body can not naturally control the amount of glucose or sugar, which is the main source of energy we need to function, in the blood. Blood sugar levels rise and cause medical complications. Glucose is mostly produced through carbohydrates and in order for glucose to be used as energy, it needs to pass through the digestive system and enter the body's muscles and cells through the bloodstream. This transition is done with the help of a hormone called insulin, which is produced by the pancreas. If the pancreas doesn't produce enough insulin, glucose remains in the blood and causes it to rise.

Types of diabetes

Type 1 - Type 1 is known as auto immune disease. The body attacks and destroys the cells in your body that make insulin. It is typically inherited from your parents. Insulin injections are needed several times a day because the pancreas has stopped working.

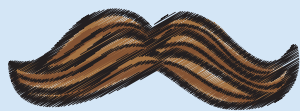
Type 2 - Type 2 is more common and is typically caused by poor diet, lack of exercise, or age. The pancreas still works, but the body has become resistant to the insulin it produces. It is common in people who are:

Overweight or obese, have immediate family members with Type 2, are over age 45, are physically inactive, have had gestational diabetes, have delivered a baby over 9 pounds, and have a lot of belly fat.

Medical Problems associated with diabetes

It is currently the 5th most common reason of death in the world causes Hypoglycemia (too low of sugar levels) or Hyperglycemia (too high of sugar levels) causes Diabetic Keto Acidosis, heart disease, stroke, nerve damage, eye & dental issues, and foot problems.

It is important to encourage awareness, learn the facts and become an advocate for diabetes awareness. In most cases, diabetes is a preventable medical condition and the more awareness given, the more treatable and preventable it can be.



It's Mustache Season.....

Grow your mustache or beard for:

No-Shave November

It is a month long campaign to help raise awareness and funding for cancer, particularly prostate, preventions, research and education. In addition, it is also a chance for guys to show off their 'staches, goatees, Fu Manchus, mutton chops, and other furry face-warmers.

To Participate (rules are simple):

Put down your razor for 30 days and donate your monthly hair-maintenance to the cause.

At the end of November, send in your BEST furry face-warmer picture to:

jkytchak@thiel.edu for a chance to win a prize!!!



Eat Better

Basil Chicken in Coconut Curry Sauce

INGREDIENTS:

- 1/2 tsp. cumin
- 1/2 tsp. cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp. ground black pepper
- 1/2 tsp chili powder
- 1/2 tsp. salt
- 1/4 tsp ground turmeric
- 1 lb. skinless, boneless chicken breasts cut into 1-in. pieces
- 2 Tbsp. olive oil
- 3/4 cup chopped onion
- 5 cloves garlic, minced
- 2 jalapeno peppers, minced (remove seeds for less heat)
- 1- 14 oz. can coconut milk
- 1 tsp Worcestershire sauce
- 1/4 c fresh basil leaves, chopped
- 1 Tbsp finely chopped ginger
- 2-3 cups cooked brown rice

INSTRUCTIONS:

1. Mix all the spices (cumin to turmeric) in small bowl
2. Place chicken in large bowl & sprinkle with spice mixture. Let sit for 30 min.
3. Heat 1 Tbsp. oil in large skillet. Add onion & jalapeno, Cook for about 3 min. Add garlic, cook for 1 more min.
4. Remove mixture from skillet, place in med. bowl.
5. Add remaining oil to skillet and brown chicken pieces. When done, add them to the bowl of onion/jalapenos.
6. When all chicken is browned and added to bowl, add Coconut milk to skillet, Cook til sauce thickens and starts bubbling a bit. Mix in Worcestershire sauce.
7. Add the chicken and onion/jalapeno mixture back into skillet along with the basil & ginger. Cook 2 more min. & Serve over rice.

No Bake Protein Cookies

INGREDIENTS:

- 2 cups oatmeal
- 1/2 cup protein powder (chocolate or vanilla)
- 1 cup peanut butter (can be sugar free, all natural, or fat free)
- 1/2 cup raw honey
- 1 tsp. vanilla or sugar free male syrup
- 1/4 cup water + 2 Tbsp.
- 1/3 cup milk or dark chocolate

INSTRUCTIONS:

1. Blend all ingredients except the chocolate in a food processor for 2-3 minutes.
2. Roll into 1" balls (Cookies should hold their shape but be soft enough to press your thumbprint into them.
3. After rolling into balls, press your thumbprint into them & spoon melted chocolate into them. Freeze for 30 min.

• If you have a healthy recipe that you would like to submit, please send it to: jkytchak@thiel.edu

Monthly Activity

Try these simple ways to burn calories at your desk.

Quick bursts of cardio

Jump in place



Don't want to jump rope in the office, try jumping in place

Use the stairs



Use the bathroom or water fountain on different floors

Exercise ball chair



Ball chair is great for engaging your core and burning extra calories

Desk pushups



DESK PUSHUPS

Use your desk like a piece of gym equipment

Wall sits



Find some quality wall space and start a gab session