Fairfax Lions Club News - November 2017

"Bob Stahl Memorial Newsletter"

" I resolve to provide a forum for full & free discussion of all matters of public interest - partisan politics & sectarian religion excepted."

Service - Our Mission

"A Life-Changing Activity – You Make a Difference!"

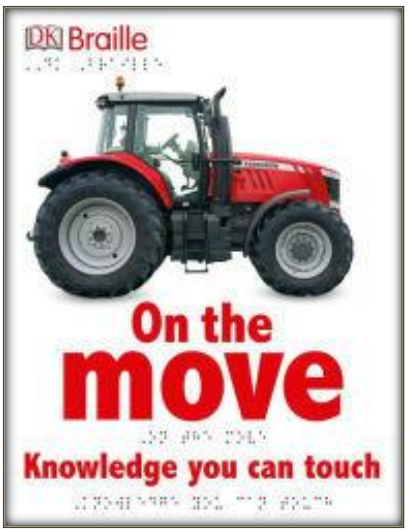
Those were the words of the mom of "Henry," a local preschooler, when she spoke at our Club meeting on October 17th. (Respecting the mom's wishes, for this article we altered her son's name, used no photos of people, and used few specifics which might identify the child.)

Henry was born with a visual impairment. He can see large size letters but his eyes quickly fatigue. Though Henry has always loved books, his visual impairment forces his eyes to work harder to see words.

Moving through various military assignments in different states in Henry's very early years, his parents struggled to find the right programs to support his low-vision. They were advised that he would benefit from learning both enlarged print and Braille. When they were transferred to the Washington DC area, they found an opportunity to do that.

This summer, Henry attended the National Federation of the Blind's Braille Enrichment for Literacy and Learning (BELL) Academy in Arlington, VA. The BELL Academy prepares blind and low vision children, ages 4 through 12, to grow into confident and independent people who will live the lives they want. It challenges children with intense Braille instruction through fun, hands-on learning activities, targeting blind and low-vision children who do not receive enough Braille instruction in school, or who could benefit from Braille enrichment over the summer.

The Fairfax Lions Club provides financial support to the local BELL Academy. This year, the Fairfax Lions presented 99 Braille books for this summer's BELL camp which Henry attended. His mom spoke to the Fairfax Lions on October 17, thanking them for their support. She explained how Henry loves to read, and how the children's Braille books will enable his growing knowledge of Braille - a skill that will assure Henry a lifetime of reading.



HENRY'S FAVORITE BRAILLE BOOK, PROVIDED BY FAIRFAX LIONS CLUB

Henry's parents are very pleased with the progress he made at the BELL Academy. His mom's words to the Fairfax Lions at our dinner meeting on October 17th: "It was a Life-Changing Activity – You Make a Difference!"

Epilogue

A BIG THANK YOU to our Club member who led the service project to provide the Braille books. That Lion was also responsible for having Henry's mom speak at our dinner meeting: Lion Marilyn Tanner. Marilyn stated: "Our members all feel pride in the work we do, but that feeling is magnified when we receive positive feedback from the people **WE SERVE**."

EYEGLASS DISTRIBUTION

Lion Marilyn Tanner reports: in October, our Club received 3 more requests for eyeglasses for qualified needy persons in our community. That makes a total so far this Lions year of 23 pair of eyeglasses our Club is purchasing, at a cost of $50 each. 18 (of the 23) pair of eyeglasses have now been provided, giving the gift of improved vision to 18 qualified members of our community. This is made possible by the fund raising work of our Club members.

Worldwide Week of Service for Diabetes: Nov 13-19

We have freshly printed diabetes information (in the form of bookmarks) to hand out at our Nov 16-18 fruit sale. This dovetails with the Worldwide Week of Service for Diabetes, Nov 13-19. Folks buying fruit might be inclined to read such a bookmark, and pass on the info. This is a very-little-effort-required initiative for us to begin to help spread the word about what people can do to modify food choices, portion sizes, and activity level to prevent onset of, or even reverse, diabetes.

IF YOU may be interested in serving in this area, send an email to tilleryg@gmail.com.

Thanksgiving Food Baskets: Nov 20

You should have received an email from Lion Marilyn Tanner about this wonderful holiday service opportunity our club performs every year. Marilyn makes all the arrangements: gets a validated list of 25 needy families, procures and packages the food into individual delivery kits, and coordinates club member delivery of the meals. Reply (ASAP) to Marilyn's email with the number of food baskets you can deliver. higdon.tanner@cox.net

Fund Raising - Underpinning Our Service Mission

Lions Dinner Out

It was sparsely attended (even your newsletter editor & spouse were out of town), but the 7th Club "Dinner Out" was on Wednesday Oct 11th (ALWAYS 2ND WEDNESDAY OF THE MONTH, AND ALWAYS AT AULD SHEBEEN!). Our Club Charities account gained about $13. Total raised for our charity account, after seven dinners-out: $243.

Mark your calendars - next Dinner-Out: TONIGHT - Wednesday, Nov 8th at The Auld Shebeen (6:30-8:30pm). ALWAYS AT AULD SHEBEEN / ALWAYS 2ND WEDNESDAY.

Next Charity Fund Raiser – Lions Dinner Nov 8th
Always the 2nd Wednesday of each month
Always The Auld Shebeen Restaurant
3971 Chainbridge Rd, Fairfax, VA 22030

Fairfax Lions Club
We Serve

Ask to "Sit with the Lions Group," Yeats Library dining room
6:30 pm - Happy Hour prices; 7pm - Dinner
Order from regular menu
Separate checks; Pay your own bill.

The AULD SHEBEEN IRISH PUB & RESTAURANT

Vehicle Donation Program

You heard last month, two vehicles were donated in September. The sale of those vehicles is now complete, and we await the check for our Charities Account; stay tuned - it should be a pleasing number!

Again, It is a simple process - for our Club and for the vehicle (car, boat, cycle, plane) donor. Call 844-455-4667. Trained staff will answer questions, and take it from there. More at: http://www.fairfaxlions.org/donate-a-vehicle/

Fall Festival

by Cory Green
Credit to Mike Greeley for photos

On Saturday, October 14th, Fairfax Lions were fortunate to have a fantastic, fun-filled, Fairfax Fall Festival food and beer sales fundraiser. Weather-wise, it was as perfect a fall day as you could hope for--not too cool, not too warm, sunny, and DRY. So, public turnout was high, and our sales were brisk. After expenses, we made nearly $1,790 from food/drink sales and donations, and an as yet undetermined fraction of nearly $4,600 in total beer/wine sales. Many festival-goers stopped at our membership table to inquire. Hopefully we'll see some of them again. Thanks to the 21 Lions who were able to participate. All were key to getting everything done: setting up, cooking, selling, meeting City's expanded beer/wine sales requirements, and taking down. Additional "atta-Lions" to those who went above and beyond, handling logistics and administration: K.SCHUTZ, M.SCHUTZ, LOCKARD, ROOT, MAYO, DULANEY, GREELEY, HIGGINBOTHAM and GREEN. Our Fall Festival fundraisers would not be possible without significant Lion efforts beforehand and afterwards. Special thanks to Lion family members and student volunteers who were also key to our success this year. Family members included Pat CONKLIN (relief cooker), Diane SCHUTZ (beer sales), Tess GREEN (set up and food/drink sales), and Lion GREEN's brother-in-law Tom (beer sales and take down) and niece Josie (food/drink sales, bun stuffing, and take down). Eight Fairfax High School students also sold food and drinks: Erica, Berk, Eric, Laura, Christine, Dinh, Kimmie, and Nafisa. Some of the FHS students expressed interest in joining us again at future Fairfax Lions fundraising and service events.

All in all, it was a swell Lion day!

Phil, Harry, Pete - Behind the Grills

Cory & Steve's High School Service Volunteers

Happy Customers!

Mike, Scott, Rachel, Ken - Ready for Beer Customers

Happy Beer Customers (above, below)

Well Honed Food Opns (Grilling, Bun Stuffing, Serving)

Food Service and Sales Operations

Lots of Traffic - Good Sales Translate to Lions Service!

Citrus Fruit Sale, Nov 16-18

Three fruit sales each year are the primary source of funds for all our charity programs. The Fruit Sale Committee spends many long hours preparing (deciding quantities, ordering fruit, getting city permits, scheduling materials - like the moving van, etc). The Club counts on ALL LIONS to participate in the sales events. For this sale, **work begins on Wednesday Nov 15 - unloading the delivery truck** from FL. Sales hours are 8am-6pm, Nov 16-18. **We need you...sign up to work**.

Dinner Meetings

October 17th

If you paid attention to KL emails, you knew you were to wear something Halloween related. Many folks did, and the best 3 (as judged by the Tail Twister) got a prize. Prizes went to:

#3 Joe Breda for his glow-in-the-dark T shirt,

#2 Dave MacPherson for his "vest," (no photo, sorry!)

#1 Bill Bartlett for a new hair-do and "Clarabelle" nose.

L - #3

R - #1

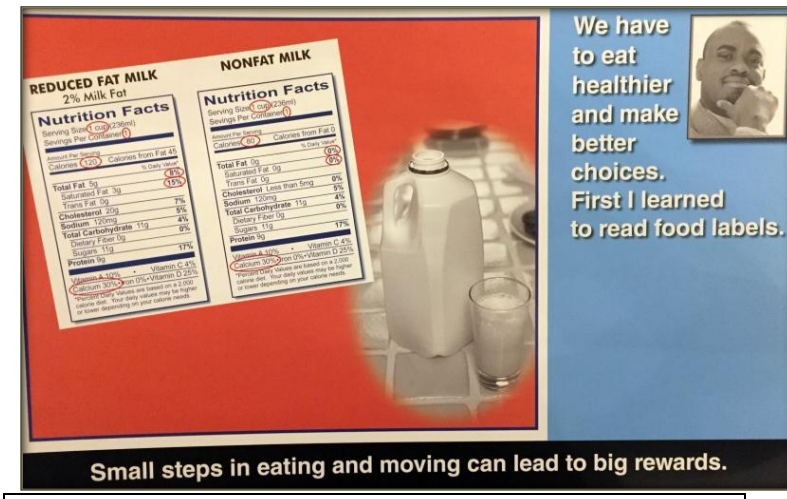
KL Marty asked us all to keep in our prayers Lion Gary Maxwell's best friend and partner Pattie who is undergoing chemotherapy.

Our featured speaker was RN Kathy Gold, of the Diabetes Research and Wellness Foundation, who spoke on the importance of food choices. You may recall, about five years ago, club members participated in a District 24-A project to screen local residents for diabetes. The project was led by Club Past President Dennis Brining, and Kathy Gold worked on the project. See her screening at: https://www.diabeteswellness.net/diabetes-research-wellness-foundation-partners-lions-club-0#.We41NltSyos

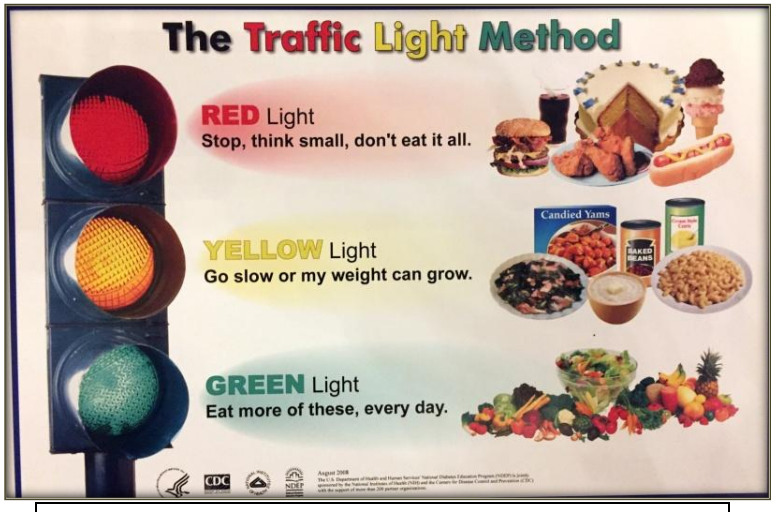
Kathy told us that BOTH food choices AND portion size are critical to preventing (or reversing) diabetes. She illustrated with a 3-section dinner plate, suggesting no more than 1/4 of the plate be meat, 1/4 starch (rice/potato), and 1/2 should be vegetables/fruit. We should eat 3 meals a day, with the most important being breakfast and lunch. Look at nutrition labels: 1500 total calories a day is probably enough (she opined one FRIED cordon-bleu on our dinner buffet was likely 1000 calories by itself). Calories disclosed on the label are for the suggested serving size - limit portions. Consider making lunch your big meal, as after dinner most people just sit - so you do not burn-off a big dinner. She suggested tips to change old habits, like put your fork down after a bite - that will slow your rate of eating, and might lessen the tendency to over-eat (your brain does not register that you are full, until about 10 minutes after you are full).

At the end of this newsletter are a few more tips for your consideration.

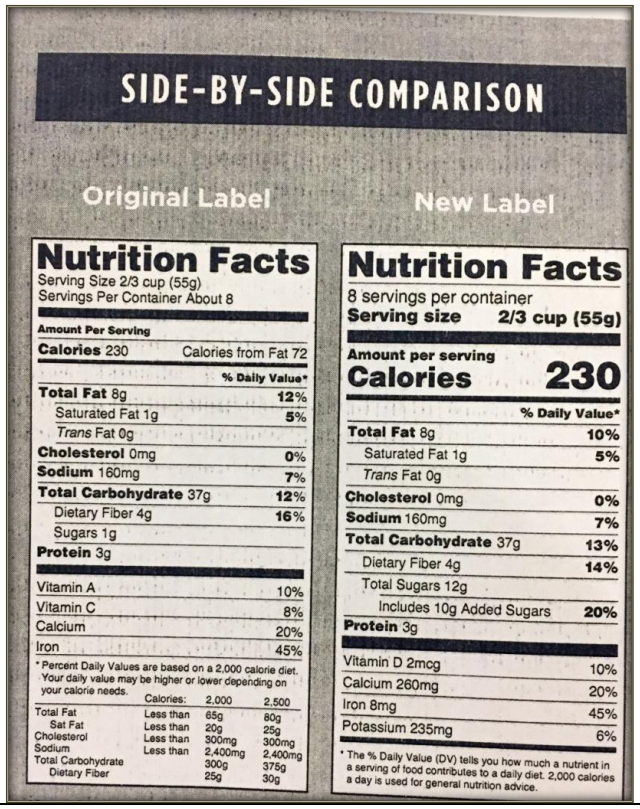
Kathy Gold Telling Us About Diabetes and Food Choices



Small Steps Lead to Big Rewards - Start Today!



- GREEN - Eat lots of green stuff/veggies/fruits;
- YELLOW - Slow on carbs;
- RED - Limit Meat/Everything Fried/Sweets



Watch Calories & Serving Size (new label format Apr 2018)

After Kathy Gold spoke, Lion Marilyn Tanner introduced a mom who told us about her son - who had benefited from one of our service projects. That story is the lead article on page 1 of THIS newsletter.

KL Marty "Bragged-for-a-Buck" about his daughter Andrea, who has been selected to perform with the Fairfax Symphony Orchestra....way to go, Andrea!

Lion Cory Green received a well-deserved round of applause for leading our Club in an outstanding Fall Festival food sale.

November 7th

KL Marty Lockhart was an election official, causing him to miss this meeting, but 1VP Karen Parker very capably led this meeting.

1VP Karen Chairs Nov 7 Dinner Meeting

Our speaker was Lion Joe Angsten, of the Lake Jackson Lions Club. Joe has been a Lion for 31 years and has been the District Membership and Retention Chair for 3 years. For our meeting, Joe focused on Retention. He cited results of surveys conducted both locally and internationally of Lions that left/resigned. Among the many reasons Lions cite for leaving, the most frequent are club operations and club environment (or culture). Joe emphasized the importance of Club leadership creating a welcoming environment for all individuals, one where each person's opinions are sought - and listened to. In Joe's words: "recognize the value of every member!" Joe offered a list of top-10 items Clubs can work on to improve operations and culture, and thereby retention, including:

- Meetings: Start and end on time; agenda
- Align club activities with member interests
- Show ALL you care
- Keep in touch with all members
- Create positive atmosphere (limit fines, jokes)

Out of curiosity, your newsletter did a Google search on "lions member retention," and found an astonishing amount of precisely related links. Try it.

Joe Angsten Receives gift from 1VP Karen

In the Brag-for-a-Buck moment, Lion Mike Rumberg told us about three blind brothers (triplets) - Leo, Nick and Steven Cantos - who all achieved the rank of Eagle Scout at the same time. Making this more meaningful to Fairfax Lions, our club has provided support to this family and we can be proud of helping, in some small way, the boys achieve success. See more, and a video, at: https://www.nbcwashington.com/news/local/Blind-Triplets-From-Virginia-Become-Eagle-Scouts-453190253.html

Lion Brian Laccone shared the great news of his daughter's recovery from a fractured L1 vertebra

(trampoline injury in July), and now is back to marching band activity.

Guest PDG Harry Parker, who is running for Lions International Director from VA, presented a thank-you award to PDG/PCC Bill Bartlett - for Bill's help in the campaign. (One item Bill provided is the pin worn by our 1VP Karen.)

Campaign Pin (sorry for enlargement fuzzies)

The Tail Twister activity at this meeting (voting day), was to fill out names of the candidates for VA Gov/VG/AG. Lion Lim Kaplan had to break the news that the entries that included George Washington and John Adams, did not win. The prize winner was: Brian Laccone.

Brian Will Celebrate his Winning entry

50-50 winners: Lions Gordon Tilley, Marilyn Tanner.

Possible record(?) - meeting adjourned 8:23pm!

Membership

Great news - the Club has received an application for membership. Lions who attend most dinner meetings will recognize the person, who has a been a guest on a few occasions - including the recent picnic. Stay tuned for announcement of new member orientation and induction dates.

And, submit three names of folks you know (prospective members) to the membership chair, and we will likely see several more applications!

Shed Clean-out

Fairfax Lions store materials (signs, tables, grills, etc) in a local you-lock-it storage shed. It seems like we always accumulate more STUFF, but rarely discard anything. KL Marty planned a shed clean-out day on October 21. Seven Lions showed up, chipped-in, and got the job done.

KL Marty reported afterwards: "Today we had a good turnout for the work day at the shed. No-longer-used equipment and supplies were removed. The remainder was reorganized. We discovered so much “stuff” that hadn’t been used in years. Now everything looks great! Easy access and logical storage arrangement. Thank you to those who helped today. It only took 1 hour!"

"Before" Photo - Cluttered Shed with Lots of Stuff

We moved some stuff out - but What's the Plan?

Organizing for a Trip to the Refuse Center

OK - This is the "Keep" Pile

Load up Joe's Truck for a Junk Run

"After" - Job Well Done
(Missing from photo - Rob Higginbotham)

Scrap Metal Heap at the County Disposal Yard,
Can You Spot The Old Fruit Rollers? (What about Waldo?)

Board Meeting - October 24th

Your Board of Directors held its regular monthly business meeting. A few hi-lites:

- Heard after-action report from the Fall Festival Food Sale committee chair.
- Reviewed plans for upcoming Fruit Sale fund raiser.
- Learned that the City had many applications from service clubs to sell hot drinks at the Fairfax City Holiday Markets in December, and a lottery was used to select clubs to fill available slots; our Club was not selected.
- Learned a new application for membership in our Club has been received.
- Briefly discussed engaging with local businesses to make them aware of our Club and possibly interest them in membership.
- Discussed providing copies of Board meeting agenda, and meeting minutes, to all members.

For more complete information, consider attending a Board meeting - all Club members welcome!

Upcoming Events

- Nov 8 - Eyeglass Recycling
- Nov 8 - Lions Dinner-Out (6:30pm, Auld Shebeen)
- Nov 11 - Veterans Day
- Nov 11 - Move Fruit Sale Equipmt to Trailer (1PM)
- Nov 15 - Unload Fruit (All Hands!)
- Nov 15 - Call Bingo at Nursing Center
- Nov 16-18 - Citrus Fruit Sale (All Hands!)
- Nov 19 - Return Fruit Sale equipment to shed
- Nov 20 - Food Basket Delivery (Reply to Marilyn email)
- Nov 21 - Regular Dinner Meeting
- Nov 22 - Eyeglass Recycling
- Nov 23 - Happy Thanksgiving!
- Nov 28 - Board Meeting

Ahead

- Dec 5 - Regular Dinner Meeting
- Dec 6 – Eyeglass Recycling
- Dec 7 - Lions Lunch Bunch
- Dec 13 - Unload Fruit (All Hands!)
- Dec 13 - Dinner Out AFTER UNLOADING FRUIT!
- Dec 14-16 - Citrus Fruit Sale
- Dec 19 - Holiday Party, Waterford Fair Lakes
- Dec 21: Food Basket Delivery

Lions Information

Sharing the Vision, One Photo at a Time

by LCIF Marketing on Monday, October 23, 2017

Helping LCIF and Lions protect a child's sight is as easy as snapping and sharing a photo! For every photo you donate through Johnson & Johnson's Donate a Photo app*, Johnson & Johnson will donate $1 to Lions Clubs International Foundation's (LCIF) Sight for Kids program, up to $40,000.

Each photo you "donate" via the app (up to 1 per day) on behalf of our "Sight for Kids" cause will help Lions and our partner, Johnson & Johnson Vision (JJV), provide eye health education, vision screening and access to a professional eye exam to a child. In fact, each and every photo (and resulting $1) helps us provide eye care access to up to four children through Sight for Kids innovative and sustainable model.

Sight for Kids mobilizes local Lions, teachers and eye care professionals to improve eye health awareness and remove eye care barriers to for children in underserved areas across Asia, as well as in Kenya and Turkey –

including providing exams, and eye glasses and other treatment.

The free mobile app is accessible for download to anyone in the US, UK, and Japan from the App Store or Google Play. Let's start donating pictures and protecting sight!

Get Started:

1. Download the FREE Donate a Photo app for your Apple or Android device (look for **DONATE A PHOTO Johnson & Johnson Inc APP**)
2. Follow the in-app steps to set up your account and profile. Switch on your Facebook and Twitter accounts within the app to automatically share with all your friends and followers! You can also set up a daily reminder.
3. Be sure to choose Lions' cause: "To help protect a child's sight with Sight for Kids."
4. Then, take a picture, or choose an existing photo to share from your photo library.
5. When you share your photo, you help a child and inspire others to help our Sight for Kids program! Sharing on social media helps to challenges others too.

Photo Guidelines

Lions and the public can donate up to one photo a day, every day, to benefit LCIF's Sight for Kids cause through January 31, 2018.

Any appropriate snapshot helps save sight: a photo of your coffee cup, your pet, a local landscape, a selfie. Many Lions are sharing photos of faces or eyes or favorite views to inspire and raise awareness about the importance of eye health and accessible eye care and exams, especially for our kids.

Be sure to tag photos with the hashtags *@lionsclubs* and *@jjvcglobal* on Facebook and Twitter. LCIF will share select photos through the Lions Clubs International official Facebook and Twitter pages.

Since 2002, LCIF and JJV's Sight for Kids program has worked to provide eye health education and eye care and eyeglasses access to 25 million underserved school children throughout Asia, Kenya and Turkey. Surrounding World Sight Day, LCIF and JJV are ensuring their social snapshots are serving, too! Consider Donating a Photo for Sight for Kids to help Lions protect a child's sight today! Learn more about Sight for Kids impact at www.lcif.org/sfk .

**The Donate a Photo app is available in the United States, United Kingdom and Japan only. No matter where you live, be sure to get the word out about Sight for Kids and the importance of annual professional eye exams for all children. Photos shared via the Donate a Photo app are not used for commercial purposes.*

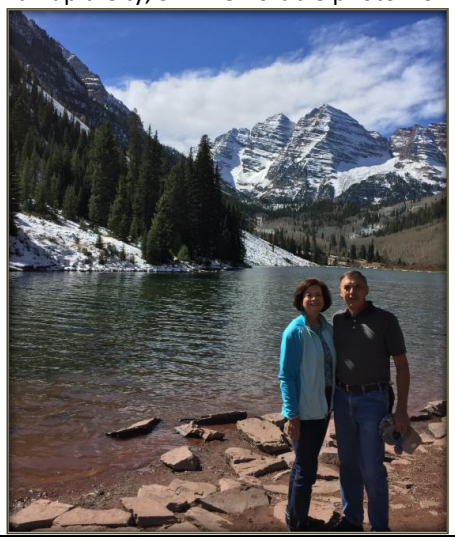
Disclosure: You can donate a photo to one cause, once a day. For every photo donated to Sight for Kids, Johnson & Johnson Services, Inc. will donate $1 to that cause. You can donate photos to Sight for Kids until December 25, 2017, or until it reaches its goal of $40,000, whichever comes first. Sight for Kids will receive a minimum of $20,000.

What's Up with Spouses (and family members)?

Spouse Nancy Brown and IPP Gene Brown took a wonderful October trip with Viking River Cruises down the Rhine River in Germany.

Nancy and Gene after a Wonderful Dinner in Rudeshiem, GE

Spouse Elsie and Lion Gordon attended a family wedding in OK City in October. After the wedding, they went sightseeing in Aspen, CO and Rapid City, SD. Memorable photo from the trip:



In CO - Near Aspen, "Maroon Bells" mountains in Background

The Last Word - Remember Scouting Values?

For over a century the Boy Scouts and Girls Scouts have used guiding ethics to build strong morals in our youth. The American version of Boy Scouts sprang from an incident in London in 1909, when Chicago publisher William Boyce found himself lost in the fog. A British Boy Scout came to his aid, and guided Boyce to his destination. The boy refused a tip; as a Boy Scout he would not accept payment for doing a good deed. This gesture inspired Boyce to organize US youth organizations ("Woodcraft Indians" and "Sons of Daniel

Boone") into the Boy Scouts of America in 1910. In 1912, Juliette Gordon Low founded the Girl Scouts of America. Scouting precepts are good for all to consider:
Boy Scout Oath...On my honor, I will do my best, To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake and morally straight.
Boy Scout Law...A Scout is:

- Trustworthy,
- Loyal,
- Helpful,
- Friendly,
- Courteous,
- Kind,
- Obedient,
- Cheerful,
- Thrifty,
- Brave,
- Clean,
- and Reverent

Scout Motto Be Prepared!
Scout Slogan Do a Good Turn Daily!
They sound like good rules to live by.

Note About This Newsletter

Bob Stahl was a WW2 veteran (US Navy - Pacific Theater) and a Fairfax Lion for nearly 40 years (serving as President and bulletin editor, among other duties). This "Bob Stahl Memorial Newsletter" is published in PDF format, and is sent by email to club members after the 1st dinner meeting each month. **YOUR COMMENTS AND CONTRIBUTIONS ARE ALWAYS WELCOME!** (That does not mean $ contributions, but your words & photos!) Send anything, anytime, to tilleryg@gmail.com I need your help to publicize information about our Club, and about you.

Special thanks to...

Mike Greeley, Marilyn Tanner, Marty Lockard, Gene Brown and others for providing ideas or input (whole articles, reports and information, photos) for this month's newsletter. Such help is essential to presenting the news of this Club!

That's all (almost) folks!

Send me any items to include in the newsletter.
tilleryg@gmail.com

Fairfax Lions Club
LIONS INTERNATIONAL
We Serve
Since 1951

- More Follows -

External information related to LCI focus on diabetes

Next Page: More Information to Make Your Meal a Healthy One
Courtesy of Kathy Gold

A Healthy Plate

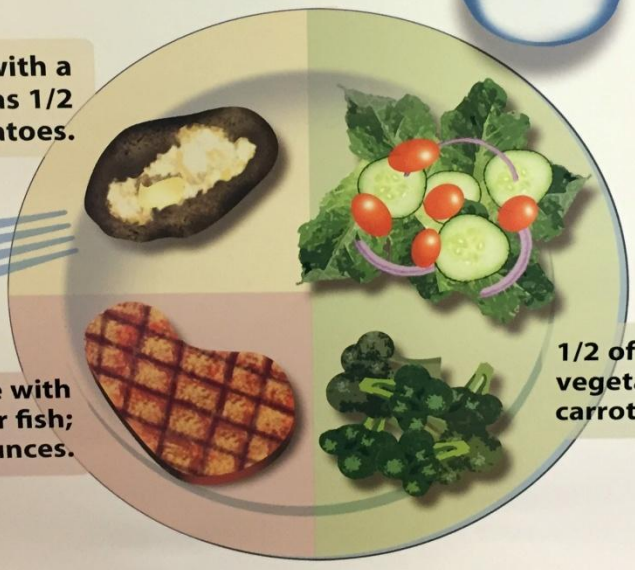
The goal of building a healthy plate is to show how eating a variety of foods will help you feel satisfied, help control blood sugar levels and control weight. We hope to make this as easy as possible for you! As you can see, eating more vegetables and less meat and starch can help meet this goal.

Add a small amount of margarine or oil in cooking or at the table.

Choose 1 serving of milk which is 8 ounces.

Add 1 serving of fruit.

Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.



Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.

1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.

For breakfast, use only half the plate.

For lunch and dinner, use the whole plate.

Next 2 pages: From Lions Clubs International,
Part of LCI Diabetes "Toolkit"

Worldwide Week of Service for Diabetes November 13–19, 2017

Join the Fight Against Diabetes

Diabetes is one of the fastest-growing diseases in the world today, currently affecting 422 million people of all races, income levels, and ages, even children. As Lions, we're dedicated to fighting the diabetes epidemic to improve lives, strengthen families, and revitalize communities.

Our Goals

- Educate ourselves and our communities about diabetes.
- Develop environments that inspire and support healthy lifestyles.
- Increase access to diabetes care, medication and diagnostic equipment.
- Increase coordination and support of national policies and plans.

President Naresh's Diabetes Message

"Lions Clubs International will not sit on the sidelines as the disease mounts. We will be in the thick of efforts to prevent and treat the disease."

What is diabetes?

Diabetes is a chronic condition that occurs when the body can't produce enough insulin or use available insulin properly. Glucose remains in the blood, which can ultimately lead to nerve, organ and blood vessel damage. There are three types of diabetes:

- **Type 1 Diabetes** occurs when the immune system destroys insulin-producing cells and the body can't produce insulin. It usually develops in children and teens, but can happen at any age.
- **Type 2 Diabetes** occurs when insulin is produced but not properly absorbed by the body. It is on the rise in most countries, but simple lifestyle measures have been shown to be effective in preventing or delaying it. Worldwide education is desperately needed.
- **Gestational Diabetes** in pregnant women affects one in seven births. If not properly managed, women are at an increased risk of complications during delivery. Babies may be born with a high birth weight, breathing difficulties, or low blood sugar, and are at risk for developing type 2 diabetes in the future as well as their mothers.

Diabetes statistics: World Health Organization

Worldwide Week of Service for Diabetes November 12–18, 2017

Join the Fight Against Diabetes

Why We Need to Join the Fight:

642M people will have diabetes by **2040**

422M adults are currently estimated to have diabetes

6th leading cause of death in the world, and the **sixth** leading cause of death among women

1 person dies every **7** seconds from diabetes

5M people die annually from diabetes

50% of people with diabetes don't know they have it

77% of people with diabetes live in low- and middle-income countries

Diabetes Affects Us All

Chances are you know someone with diabetes. Visit **fightdiabetes.lionsclubs.org** for an exercise that lets you reflect on those personal connections with fellow Club members.

Diabetes statistics: World Health Organization

Food choices & portion size are both important; 3rd part of healthy lifestyle - physical activity.
Next 2 pages: copied from ***Diabetes Forecast*** Magazine

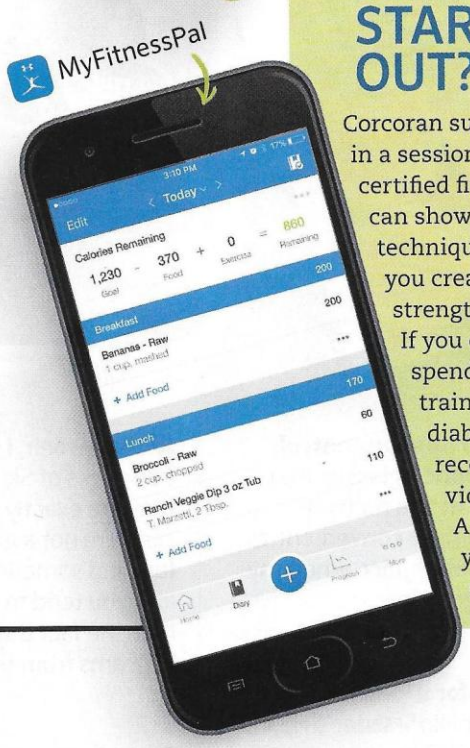
Fitness by the Numbers

The ideal range for your best health

By Kimberly Goad

2 TO 3

Number of strength-training (also known as resistance training) sessions to aim for per week. "When people talk about exercise for diabetes management, most people focus on aerobic exercise," says Matthew Corcoran, MD, ACSM, founder and president of the Diabetes Training Camp Foundation. "But there's clear and compelling data that a resistance-training program is as potent as aerobic exercise for A1C reduction." That's because muscle is the biggest user of glucose after you eat. More muscle means you use up excess glucose better. In fact, research shows that doing resistance exercises on a regular basis (think lifting dumbbells or using a resistance band) increases strength in adults with type 2 diabetes by about 50 percent and lowers A1C by 0.57 percent. That's not all: Staying strong as you age will help you do everyday things like get dressed or put groceries away.



JUST STARTING OUT?

Corcoran suggests investing in a session or two with a certified fitness trainer who can show you proper technique while helping you create a basic strength-training routine. If you don't want to spend the money on a trainer, ask your diabetes educator to recommend an online video site for ideas. And keep track of your progress with a fitness app.

thirty

Maximum number of minutes at a time that it's okay to sit without standing up, according to the American Diabetes Association's 2017 Standards of Medical Care in Diabetes. Too much sitting is bad for pretty much everyone—it raises your risk of cardiovascular disease, type 2 diabetes, and early death—but for adults with or at risk for developing type 2 diabetes, it's also linked to poorer blood glucose management. Don't worry: No one's suggesting you engage in full-on exercise every half hour. The idea is to break up bouts of sitting by simply standing. Get in the habit of taking phone calls and returning e-mails standing up. Instead of channel surfing when your favorite TV show cuts to a commercial, stand up and do a few minutes of stretching. Research shows that taking a break from sitting every half hour improves blood glucose management in adults with type 2 diabetes. The effect has not been studied in adults with type 1.

Continued on page 30

Dean/Mitton (workout equipment); ET-ARTWORKS/Thinkstock

SAFETY NOTE

Talk to your doctor before making any big changes to your exercise plan.

two TO three

Number of times per week people with diabetes should try to do exercises that improve flexibility and balance, according to the American Diabetes Association's 2017 Standards of Medical Care in Diabetes. Stretching improves joint flexibility and range of motion, while activities such as tai chi and yoga help prevent falls by improving balance and gait, even for people with nerve damage (peripheral neuropathy) in their feet that may make them feel numb and/or painful. "If you've had diabetes for a prolonged period of time and have peripheral neuropathy, which can affect the sensation and the feeling in the feet, it can affect your sense of balance," says Corcoran. "To keep your body in balance and prevent injuries, it's important to complement aerobic activity with flexibility and balance training."

MAKE IT COUNT

Step It Up You've probably heard the recommendation to get 10,000 steps per day. What you might not know is that the step goal is in addition to 150 minutes of medium-intensity exercise per week.

1,822

The number of additional steps taken per day by people with type 2 diabetes who wore a pedometer, according to a review of research studies published in a 2014 issue of *BMC Medicine*. Why? "It's purely motivational," says Robert Powell, PhD, CEP, CDE, director of the Diabetes Exercise Center at Marshall University in Huntington, West Virginia. "If you set a goal to meet a certain amount of steps, and you see that you're close to meeting that, it's extra incentive." Equally effective, says Powell: using an app such as MyFitnessPal or MapMyFitness on your phone or watch to track your steps.

150

Minimum number of minutes each week to spend on moderate-intensity aerobic activity, which will make your heart beat faster, your breathing quicken, and your body warm. We're talking brisk walking, swimming, or cycling on flat ground. That's the number researchers associate with improved blood glucose levels, a reduced risk of cardiovascular disease, stronger bones, and lower levels of stress. Non-exercisers can try this strategy to get going: Start with 10 minutes per day, three days a week, and increase by 10 percent each week until you reach the 150-minute mark, suggests Powell. This slow build helps avoid tiredness and too much muscle soreness. "You'll get benefits even below 150 minutes, but that should be the eventual goal," he says.

100

Approximate number of calories you'll burn by doing any of the following:

- Walk 1 mile at a moderate pace.
- Jump rope for 10 minutes.
- Rake leaves for 20 minutes.
- Tread water for 15 minutes.
- Push a child in a stroller for 30 minutes.