

Health & Fitness News

Mark A. Chapman

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Wellness Center

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Exercise and Type 2 Diabetes

The incidence of type 2 diabetes is on the rise in the United States. Type 2 diabetes is responsible for 90 – 95% of all cases reported in adults. Childhood obesity is on the rise and more young children are being diagnosed with the disease. The good news is that type 2 diabetes can be prevented and controlled with a lifestyle change.

So what is type 2 diabetes? After digestion the body releases a hormone called insulin. It is responsible for storing carbohydrates and protein into the muscle cells. You can then use this nutrient as energy. If you have type 2 diabetes you develop insulin resistance. The insulin becomes less effective and doesn't store all of the carbohydrates into the muscle. As a result your blood glucose levels raise and can

cause heart disease, kidney failure, blindness, and nerve dysfunction.

Type 2 diabetes is strongly linked with diet and exercise. A healthy diet and regular exercise can prevent or reverse the progression of the disease.

Here are some basic exercise guidelines if you have type 2 diabetes. Your blood glucose level should be close to 100mg/dL prior to exercise. If you have lower reading drink orange juice or eat some candy to elevate your blood glucose levels. Try to exercise 3-7 days a week with a goal of 1,000 kcal a week. Cardiovascular exercise should be performed from 20 to 60 minutes a day depending on conditioning levels.



Fact or Fiction: Walking alone provides enough exercise.

This is a very interesting topic. In my opinion the answer to this question is based on the individual. Exercise is basically like going to a pharmacy and buying medication. The dosage needed is really dependent on the

individual. If the individual weighs 400 pounds with cardiovascular disease then walking will provide major benefits. So in some cases this is fact and in other cases it is fiction. You have to evaluate your fitness level.

Upcoming Events:

05-19-10
Lunch Bunch
Topic: Flowers
Speaker: Lisa Bergstrom

05-19-10
Employee Health Day

05-19-10
Run Shunga
5k run/1.5 mi walk
Council Grove

05-31-10
Memorial Day



Now Available:

New Punch Card Available. Get 12 visits at the Wellness Center for \$50.00 with no expiration date.





"Focus on the journey, not the destination. Joy is found in not finishing an activity, but in doing it."

Greg Anderson



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The Future of Fitness

The future of fitness is continually changing. Just think where we came from and where we are at this moment. The gym was once a place for men to build huge muscles and lift large amounts of weight. There was little research and knowledge on how exercise could prevent disease or manage different diseases. Many people thought the gym was a strange awkward part of the

American culture. As technology and research has improved the evolution of fitness has changed. We now provide service for all ages and genders. It is known that exercise has many benefits beyond the size of your biceps. It can help prevent heart disease, diabetes, and obesity. It improves bone mass and can benefit us mentally as well. We now have equipment that can enhance our workouts

and monitor our progress. Science is truly changing the way we exercise. So what is the next step for Clay County? How do we promote fitness throughout the community?

If you have any ideas or thoughts I would love to hear them. You should feel free to contact me at any time.

Ryan Sanneman /
Mark A. Chapman
Wellness Director.

What is Yoga?

When many people here the word yoga they think of people strangely meditating in tight spandex outfits. So I am here to tell you this is not true. Yoga is a great workout for men and women. Yoga is

basically a series of stretches and body holds that strengthens and stretches the human body. Yoga is one of the best ways to improve total body flexibility. If you suffer from tight hamstrings or lower back

tightness then I would definitely recommend you give it a try. You simply need to know a few basic moves to get started. It truly can benefit anyone who is willing to spend the time to enhance his or her overall fitness level.

Baked Apple Cinnamon French Toast (Calories 183; Carb 33g; Pro 10g)

3 cups nonfat milk

2 cups pasteurized liquid egg whites, such as Egg Beaters

3 tablespoon honey

1 1/2 teaspoons vanilla extract

1/4 teaspoon salt

1 1-pound lo sliced whole-wheat bread

1 cup chopped dried apples, (3 ounces)

1/2 cup raisins

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1 tablespoon confectioners' sugar

Step 1

Whisk milk, egg whites, honey, vanilla and salt in a large bowl.

Step 2

Trim crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl.

Step 3

Coat a 9-by-13-inch baking pan with cooking spray. Transfer the bread mixture to the pan. Lay

the reserved crustless slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours or up to 24 hours.

Step 4

Preheat oven to 350°F.

Step 5

Bake the casserole, covered, for 40 minutes. Uncover and continue baking until puffed, set and lightly browned, about 20 minutes more. Let stand for 10 minutes; dust with confectioners' sugar and serve.