

Healthy Habits Newsletter

November 2022



Living Well Can Reduce Your Risk For Diabetes

According to the CDC, approximately 11% of the U.S. population lives with diabetes. National Diabetes Month sheds light on this condition, and raises awareness on the ways to manage it with a diagnosis.

Fortunately, a healthy lifestyle can reduce your risk for type 2 diabetes and even reverse prediabetes. If you are at an increased risk of developing this disease - due to excess weight, high cholesterol, or a family history - strive to integrate the healthy habits below (Mayo Clinic):

- Aim to **maintain a healthy weight**. Losing excess fat is one of the best ways to reduce your risk for type 2 diabetes.
- **Exercise regularly** not only for weight loss, but to lower your blood sugar and boost your body's sensitivity to insulin.
- Choose foods with good fats rather than those with saturated fats. **Opt for a nutritious diet** full of fruits, veggies, fiber, and whole grains. Limit your consumption of sugary beverages and junk food.
- If you are at-risk for type 2 diabetes, **make a plan with your doctor** to prevent progression or manage your current condition.

Breathe Easy - Protect Your Lungs

In honor of Lung Cancer Awareness Month, read up on the most effective ways to reduce your risk of lung cancer, according to the American Lung Association:

Avoid smoking - Smoking is the leading cause of lung cancer. If you are a current smoker, consider taking the steps to quit.

Keep up with routine doctor visits - Regularly getting screened for disease is one of the best ways to catch illness early...including lung cancer!

Be mindful of pollution - If possible, minimize exposure in polluted areas as this type of air is harmful for your lungs.

Maintain a healthy lifestyle - A respiratory infection can damage lung function. Taking care of your body can help ward off serious illness.



Delicious & Healthy Thanksgiving Dishes

Celebrate the season of gratitude with these sweet and savory recipes:

Herb-Roasted Turkey Breast

Baked Pumpkin Risotto

Roasted Sweet Potatoes with Honey and Cinnamon

Herb and Apple Stuffing

Green Bean Casserole with Crispy Shallots

Turkey Soup with Mashed Potato Polpetti

Roasted Brussel Sprouts
Butternut Squash Soup

Wild-Rice-Stuffed Butternut Squash (vegan-friendly)

Apple Crisp

Find these recipes on [FoodNetwork.com](https://www.foodnetwork.com)!

5 Self-Care Practices That Can Improve Your Mental Health

For some, the transition from summer to winter can be challenging. If you struggle with feeling low during certain seasons, it's extremely important to care for your mental and emotional well-being. These five self-care tips from the [National Institute of Mental Health](https://www.nimh.nih.gov/) are a great place to start:

1. Integrate exercise into your routine - Experts say walking for even 30 minutes on a regular basis can effectively boost your mood. Staying active is a great way to de-stress and get out of a slump.

2. Get enough sleep - Adults who get the recommended seven to eight hours of sleep per night have more focus and energy during the day. Sleep deprivation can negatively impact your productivity and mood.

3. Strive to eat healthy meals - A balanced diet can improve your mental health! It is also important to stay hydrated throughout the day to feel your best.

4. Make goals and work toward them - Big or small, this can be a great form of self-care. Focus on the things that you are able to accomplish during your day rather than the things you weren't able to get done.

5. Ensure you have a solid support system - Stay connected with friends or family members that you can lean on during difficult times. Fostering healthy relationships is a wonderful way to care for yourself!

Watch this video from the Mayo Clinic on the mental health benefits of staying socially connected.

