

everyday

health



www.fourcorners.ne.gov

2101 N. Lincoln Ave., York, NE

(877) 337-3573

June 2017



Sugar Facts

1. There are 16-18 teaspoons of sugar in a 20 oz. soda.
2. Drinking sports and Energy drinks can lead to obesity, heart disease & diabetes.
3. Drinking one soda a day can equal an extra 25 pounds of weight per year.

4. Sugar-loaded beverages are the single major source of added sugar consumed by the average American.
5. Nearly 50% of the average American's increased calorie consumption is from sugar-loaded beverages.

Source: www.rethinkyourdrinknow.com

Upcoming workshops:

Free workshop for Caregivers Tuesday, June 20 1:00-2:00 pm. At Seward Memorial Library. Learn about local and state resources to help you take a break. Email AngelD@fourcorners.ne.gov or call (877) 337-3573 to RSVP.

Youth Mental Health First Aid. Tuesday, June 6, 2017. 8:00am-5:00pm. Located at the York College Mackey Center, Miller Room. Cost \$10 (includes lunch). Learn key skills to help someone developing mental health problems or experiencing a mental health crisis. Registration Deadline Tuesday, May 30th. Contact (402) 441-4336 or jbarton@region5systems.net.

Contact Four Corners for more information on our summer wellness campaign:



Path to Wellness...

Thrive



Are you still drinking diet soda, vitamin water, or other drinks with artificial colors, flavors, and sweeteners? Increase your daily supply of water intake...drink infused water! Put as much fruit in the water as you want and let it sit for at least 30 minutes before drinking. Can be refrigerated for 2-4 days. Here are some flavors & benefits:

- ♦ **Green tea, mint, lime** — aids in digestion and fat burning, helps with relieving headaches, congestion, and acts as a natural breath freshener.
- ♦ **Strawberry, kiwi** — aids in heart health, protects immune system, regulates blood sugar levels, and aids in digestion.
- ♦ **Cucumber, lime, lemon** — aids in water weight management, bloating, appetite control, hydration, and aids in digestion.
- ♦ **Lemon, lime, orange** — aids in digestion, immune defense, great source of Vitamin C, and aids in relief of heartburn (Be sure to drink this one at room temperature).

Try other fruits and vegetables — use your imagination. If using fresh herbs, slightly "bruise" them to release flavors. Peel the citrus fruits from their skin to avoid a bitter taste.

Protect Your Vision From DIABETES

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T

Take your medications as prescribed by your doctor.



R

Reach and maintain a healthy weight.



A

Add more physical activity to your daily routine.



C

Control your ABC's—A1C, blood pressure, and cholesterol levels.



K

Kick the smoking habit.



www.nei.nih.gov/diabetes

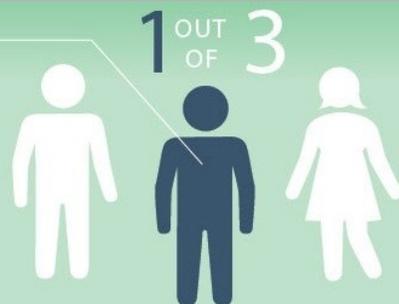


Find more information on pre-diabetes, diabetes, information on pre-diabetes classes, or diabetes resources on our website:

www.fourcorners.ne.gov/diabetes

86
MILLION

86 million American adults—more than 1 out of 3—have prediabetes



Ways to Increase Your Physical Activity

When you move more every day, you will burn more calories. Try to get at least 30 minutes of moderate-intensity physical activity five days a week. If you have not been active, start off slowly, building up to your goal. Before you start a physical activity program, be sure to talk with your health care provider.

There are lots of things you can do at home and work to get more physical activity throughout the day. Use these tips to get started, keep you moving, and make your physical activity time more fun.

1. Dress to move.
2. Start off slowly.
3. Build physical activity into your day.
4. Move more at work.
5. Count your steps.
6. Stretch it out.
7. Make it social.
8. Keep at it.
9. Most importantly, **HAVE FUN!**

Making change is never easy, but getting more physical activity is one small step toward a big reward—a healthier life.

For more information, visit “Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients” http://www.dnep.nih.gov/media/GP_Booklet.pdf

Prevent Diabetes:

You can prevent or delay type 2 diabetes if you:

- Lose 5-7% of your weight, if overweight—that’s 10-14 pounds for a 200 pound person.
- Lose and maintain the weight loss by making healthy food choices. Eat a variety of foods that are low in fat and reduce the number of calories eaten per day.
- Get at least 30 minutes of moderate intensity physical activity five days a week. This could be brisk walking, yard work, and actively playing with children (such as riding a bike or playing soccer).