

Do it Well

Easy ways to achieve health and wellness

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What are Prediabetes and Diabetes?

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults! Of those 86 million, 9 out of 10 of them don't even know they have it.

Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years.

With numbers like that, it's important to learn about prediabetes and take action.

Prediabetes means your blood glucose (sugar) levels are higher than normal—but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke and type 2 diabetes, the most common form of diabetes. Prediabetes can often be reversed.

Type 2 diabetes means your body cannot properly use insulin (a hormone that helps glucose get into the cells of the body). You can get type 2 diabetes at any age, but you are at higher risk if you are older, overweight, have a family history of diabetes, are not physically active or are a woman who had gestational diabetes.

Gestational diabetes is a kind of diabetes that some women get when they are pregnant. Even if a woman's blood sugar levels go down after her baby is born, she is at higher risk of getting type 2 diabetes later in life.

Type 1 diabetes means your body cannot make insulin, so you need to take insulin every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.



"What are Prediabetes ..." *continued*

Should you do something about Prediabetes?

Don't let the "pre" in prediabetes fool you into thinking it's not really a problem. Take action right away to help prevent prediabetes from becoming type 2 diabetes. You can also reduce the risk of heart attack and stroke associated with prediabetes.

Many people with prediabetes who do not change their lifestyle—by losing weight (if needed) and being more physically active—will develop type 2 diabetes within five years. Type 2 diabetes can lead to serious health issues such as:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet or legs

In addition, some of the risk factors for prediabetes and type 2 diabetes—like being overweight and not being physically active—can make you feel sluggish and affect your mood. Positive lifestyle changes not only lower your risk of prediabetes and type 2 diabetes, they can improve your overall well-being and the well-being of your family. Take action now, by eating healthier and getting more physical activity, to help prevent prediabetes from becoming type 2 diabetes and reduce the risk of heart attack and stroke.

Source: Centers for Disease Control. www.cdc.gov. Accessed Jan. 28, 2016.

Who is at Risk for Prediabetes and Type 2 Diabetes

If you have these risk factors, you may be at higher risk than others for prediabetes and type 2 diabetes.

- You are overweight.
- You are 45 years of age or older.
- Your parent or sibling has type 2 diabetes.
- You are physically active fewer than three times per week.
- You gave birth to a baby that weighed more than nine pounds.
- You had diabetes while pregnant (gestational diabetes).

Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans are at particularly high risk for type 2 diabetes.

If you are at risk, talk to a health care professional about getting a blood sugar test.

Source: Centers for Disease Control. www.cdc.gov. Accessed Jan. 28, 2016.

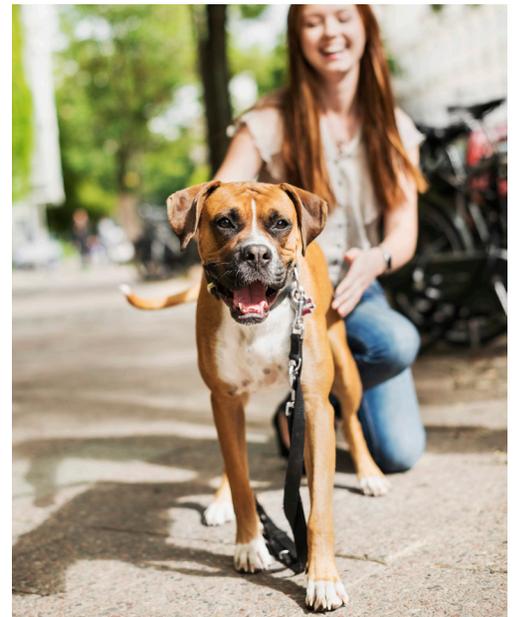
Disaster Preparedness for Your Pet

If a natural disaster strikes, what will happen to your pet? Be prepared: make a plan and prepare a disaster kit for your pet.

Have you included pets in your disaster plan? Don't wait until it's too late. Start today by making a plan and preparing a disaster kit.

Make a Pet Emergency Plan

- ID your pet. Make sure your pet's tags are up-to-date and securely fastened to your pet's collar. It is a good idea to microchip your pets.
- Make sure you have a current photo of your pet for identification purposes.
- Identify shelters. For public health reasons, many emergency shelters cannot accept pets. Find out which motels and hotels in the area you plan to evacuate to allow pets.
- Decide where you and your pet are going to stay. Based on the severity of a disaster, you may have two options for your pets:
 - Sheltering in place
 - Sheltering in a facility away from home (during an evacuation)
- Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are current. Include copies in your "pet emergency" kit.
- Some animal shelters will provide temporary foster care for owned pets in times of disaster but this should be considered only as a last resort.
- If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger! Confine your pet to a safe area inside—NEVER leave your pet chained outside! Leave them loose inside your home with food and plenty of water. Remove the toilet tank lid, raise the seat and brace the bathroom door open so they can drink. Place a notice outside in a visible area, advising what pets are in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.
- Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.



“Disaster Preparedness ...” continued

Make a Pet Emergency Kit

- Pet food
- Bottled water
- Medications
- Veterinary records
- Cat litter/pan
- Manual can opener
- Food dishes
- First aid kit and other supplies
- Make sure you have a secure pet carrier, leash or harness for your pet so that if he panics, he can't escape.

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely.

Source: www.ready.gov. Accessed Jan. 28, 2016.

Conscientious Cuisine: Superfood Smoothie

- 3/4 cup skim milk
- 4 tsp. chia seeds
- 1 cup fresh strawberries
- 1 Tbsp. strawberry fruit spread, or to taste
- 2 tsp. orange zest
- 1/2 tsp. chopped fresh ginger
- 1/2 tsp. vanilla extract

This breakfast blend of fruit, milk and seeds is full of protein, calcium and fiber to get your day started right. Strawberries contain ellagic acid, which may act as an antioxidant and decrease inflammation. Chia seeds are loaded with fiber, rich in omega-3s and a good protein source. A sweet quick-fix with the same amount of fiber as a bowl of oatmeal for less than 250 calories.

Place milk and chia seeds blender and let sit while measuring remaining ingredients.

Add strawberries, preserves, orange zest, ginger and vanilla to blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute. Pour smoothie into tall glass and serve immediately.

Makes 1 serving.

Per serving: 249 calories, 5 g total fat (<1 g saturated fat), 44 g carbohydrate, 9 g protein, 9 g dietary fiber, 90 mg sodium.

Source: [American Institute for Cancer Research. www.aicr.org](http://AmericanInstituteforCancerResearch.org). Accessed Jan. 30, 2016.



Get Going: Air Pushups

Wouldn't it be great to find exercises you could do lying down? Well, if you have a pair of small hand weights, you can!

Lie on your back with your knees bent and feet flat on the floor. Hold a pair of weights over your chest with your arms extended and palms facing up and away from your face. Bend your elbows 90 degrees, lowering your arms directly out to your sides at shoulder height. When the backs of your arms touch the floor, press the weights up again to start. Repeat 8 to 10 times and then give your friends air high-fives.

By Jay Barone, NFP
Source: www.allyou.com. Accessed Jan. 29, 2016.



The Office of Disease Prevention and Health Promotion says children and adolescents should do 60 minutes or more of physical activity each day.

This may sound like a lot, but don't worry! There are easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! Just make sure your child or adolescent is doing three types of physical activity:

Aerobic Activity

Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.

Muscle Strengthening

Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

Bone Strengthening

Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

Source: www.health.gov. Accessed Jan. 29, 2016.

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