

NOVEMBER is American Diabetes Month

Every year, our community comes together to ring the alarm on the diabetes epidemic. For the millions who are at risk for it, it's time to get educated, find resources, and make all those around us aware of their risk too. And for the millions of us living with diabetes, it's a chance to tell our stories and awaken the world. Until we find a cure, we find each other and lift each other up.

Making healthy choices and taking steps to manage your diabetes can ensure you don't just live with diabetes but THRIVE with diabetes.

Even little changes make a BIG difference.

If you are struggling with getting started or feel overwhelmed by the idea of starting a more active lifestyle, take heart: every change, no matter how small, makes a difference in your ability to manage diabetes. Even losing 10-15 lbs. can have a significant impact on your health. The power to change is firmly in your hands- so get moving to day.

RESOURCES



KNOW YOUR RISK

Millions of American adults have prediabetes, but here's the kicker: the majority of them don't even know it. The test you need is right here and takes on 60 seconds.

RISK ASSESSMENT TEST

The good news is you can prevent or delay Type 2 diabetes. That's right if you are at risk, making small changes to the way you eat, increasing your physical activity levels or getting early treatment can, for some actually return blood sugar levels back to normal. So take a breath and take action. the Y is here to help...

Join the YMCA's Move Well Today program to help you manage your prediabetes or diabetes.

Email mvermeer@ymcachattanooga.org to enroll today.

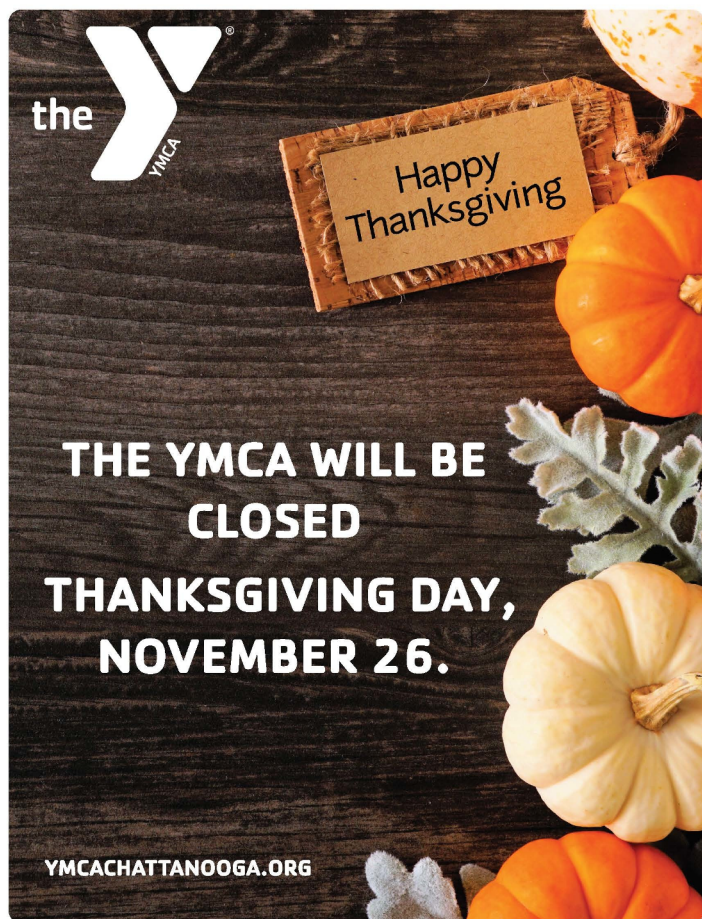
Staying Connected in a Healthy Community



has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of REDEFINING WELLNESS. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our YMCA REDEFINE WELLNESS Facebook Group. There is content, support and tips for everyone!

QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org



FALL FRIENDS CAMPAIGN OCT. 12- NOV. 20



FRIEND the Y this FALL!
Friends don't let friends miss out!

Refer a friend for 3 FREE visits!
When your friend joins the Y, you earn
ONE FREE MONTH OF MEMBERSHIP*

Redemption of free month to be applied after guest has been a member for 3 months. For more information, visit the front desk.

Diabetes-Friendly Asian Tofu Stir Fry

INGREDIENTS

- 4 tsp olive oil (divided)
- 12 oz firm tofu (drained and cut into 1-inch cubes)
- 2 tbsp lower sodium soy sauce (divided use)
- 24 oz fresh or frozen mixed vegetables (such as carrots, broccoli and snow peas)
- 1 cup chicken or vegetable broth (fat-free, low-sodium)
- 2 cups cooked brown rice

DIRECTIONS

1. In a large nonstick skillet or wok, heat 2 Tsp. olive oil over medium-high heat. Add tofu and sauté until golden brown on all sides. Add 1 Tbsp. soy sauce and sauté for 1 more minute. Remove from pan.
2. Add remaining 2 Tsp. olive oil to skillet and heat. Add vegetables and remaining 1 Tbsp. soy sauce to skillet and sauté for 4 minutes.
3. Add chicken broth to pan and bring to a simmer. Cook for 5 minutes.
4. Serve over brown rice.