

# ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

November 2017



## Reducing your risk for diabetes

Almost 86 million Americans, or 1 out of 3 adults, are at risk for diabetes—and most don't know it!

Most people who get type 2 diabetes have “prediabetes” first. Prediabetes means your blood glucose (sugar) is higher than normal—but not high enough yet to be diagnosed as type 2 diabetes. Your doctor can give you a blood test to see if you're at risk for diabetes. Talk to your doctor to learn more.

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 5 years.

If you're at risk for diabetes, the good news is that you can make lifestyle changes that may help get your blood sugar back to normal and prevent diabetes. Here are three ways you can reduce your risk:

### Try to control your weight

- If you have prediabetes, losing 5-7% of your body weight can help reduce your risk
- Talk to your health care provider about what your healthy weight should be

### Get regular physical activity

- Try to get at least 150 minutes a week (30 minutes a day, five days a week) of brisk walking or a similar activity

### Aim for a healthy diet

- Choose healthy food choices, such as fruits and veggies, whole grains, low-fat or fat-free dairy, and low-fat protein

### “Take 3” actions to fight the flu

**Action 1:** Take time to get a flu vaccine. This is one of the most important steps in protecting yourself against the flu virus.

**Action 2:** Take healthy steps to stop the spread of germs. For example, wash your hands often with soap and water.

**Action 3:** Take flu antiviral drugs if your doctor prescribes them. Talk to your doctor to learn more.



## Upcoming events

### Wellness Webinar Series

“Grateful for the Gift of Health”

December 12, 2017

9:00 am, 11:30 am and 3:30 pm CST

<http://go.activehealth.com/wellness-webinars2html>

## Homemade Cranberry Sauce

This homemade cranberry sauce recipe gives you great flavor without the guilt, so you can feel satisfied but not “stuffed” for your holiday celebration!



### Ingredients:

- 3 cups fresh cranberries (12 ounces, can also use frozen)
- 1 orange
- 1 cup sugar

### Directions:

- Put all ingredients in a blender until mixed well
- Heat up and serve over turkey

### Notes:

- 1 cup white grape juice concentrate can be substituted for 1 cup sugar
- This recipe makes 8 servings



## Webinar Sweepstakes Winners!



### Emily Oliver

Emily works for the First Regional Library System as a Technical Service Assistant. She loves reading and making crafts with paper in her spare time. Her favorite physical activity is making sure to get her steps in while shopping!

## Don't miss your chance to win a \$100 Amazon gift card

Maybe you've had your eye on some new running shoes —they could be yours if you win! Log in to [www.MyActiveHealth.com/Mississippi](http://www.MyActiveHealth.com/Mississippi) and complete a Digital Coaching module (*reported in Heart Beats*) – each time you complete Heart Beats of Digital Coaching is another chance to win. Choose from almost 200 category topics and start working towards your personal health goals today with Digital Coaching available 24 hours per day!

**Step 1-** Log in to [www.MyActiveHealth.com/Mississippi](http://www.MyActiveHealth.com/Mississippi)

**Step 2-** Click on Dashboard

**Step 3-** Click Digital Coach

**Step 4-** Select a Category and Begin!

Source: USDA “What’s Cooking”  
Retrieved October 19, 2017 from:  
<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/homemade-cranberry-sauce>



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