DIABETES AROUND THE WORLD

8.3 PERCENT
% of US population with diabetes
25.8 million people
7th leading cause of death

285 MILLION
affected by diabetes world-wide
6.6% of total population
5th leading cause of death

COUNTRIES WITH THE LARGEST NUMBER OF PEOPLE WITH DIABETES

- China: 43.2 million
- India: 40.9 million
- United States: 25.8 million
- Russia: 9.6 million
- Brazil: 6 million

COUNTRIES WITH THE HIGHEST PREVALENCE OF ADULT DIABETES

- Nauru: 30% diabetic
- Bahrain: 25.5% diabetic
- United Arab Emirates: 25% diabetic
- Saudi Arabia: 23.7% diabetic
- Mauritius: 20% diabetic

(The blue circle is the universal symbol for diabetes.)
Would you be willing to change one aspect of your life -- such as eating healthier or exercising more -- if you knew it would reduce your likelihood of developing diabetes? Would you make two, three or five lifestyle changes to bring down those chances even more?

Every little bit helps, a new government study suggests. Meeting just one of five key health goals reduces your odds of developing diabetes in middle age by roughly one-third, the study estimates, and the more goals you meet, the lower your risk falls, even if you have a family history of diabetes. Doctors, of course, have long known that bad habits such as smoking, drinking too much and eating unhealthy foods increase the likelihood of developing an array of chronic diseases, including type 2 diabetes.

But the new study -- the largest of its kind to date -- is among the first to explore how several healthy habits combine to affect diabetes risk.

“The question we were trying to raise is whether there are added benefits to each individual lifestyle improvement you make, and it looks like that answer is definitely yes,” says Jared Reis, Ph.D., the lead author of the study and an epidemiologist with the National Heart, Lung, and Blood Institute in Bethesda, Maryland. “The strength of the association was really very dramatic and quite surprising.”

Reis and his colleagues analyzed data from more than 200,000 men and women in eight states who are part of a long-running study on diet and health led by the National Cancer Institute. In the mid-1990s, when they ranged in age from 50 to 71 and showed no signs of serious illness, the study participants answered detailed questionnaires about their diet, lifestyle, medical history, physical characteristics and demographic profile.

Ten years later, roughly 9% of the men and women had developed diabetes. Those who were least likely to receive a diabetes diagnosis shared five key health attributes:

1. **Normal weight.** They were not overweight or obese, and maintained a body mass index below 25 (a threshold equivalent to 155 pounds for a 5-foot, 6-inch woman).

2. **Nonsmoking.** They had never been regular smokers, or they’d been smoke-free for at least 10 years.

3. **Physically active.** They got at least 20 minutes of heart-pumping, sweat-inducing exercise three or more times per week.

4. **Healthy diet.** They consumed a diet with lots of fiber, little trans fat, few refined or sugary carbohydrates, and a high ratio of good (polyunsaturated) to bad (saturated) fats.

5. **Little to no drinking.** They used alcohol in moderation, if at all -- two drinks or less a day for men, and one drink or less for women.

Click here to read more about the results of this study.
Wellness Center parking permits for the 2013 – 2014 year are now available in the Sales Office. Permits are $95 and are valid through August 15, 2014. Visit the Sales Office on the 2nd floor for more details. You must have your license plate number with you at time of purchase. Students and Coral Gables employees are not eligible to purchase a Wellness Center permit.

**Fitness:**

**Exercise Tips:** Click here to learn fifteen exercise tips for people with Type 2 Diabetes.

**App of the Month:**

**Diabetic Connect:** This app is the biggest diabetes network on the Web. Turn to your peers whenever you need advice, support, or tips.

**Health:**

**U.S. Approves First Artificial Pancreas System for Diabetics:** FDA has approved this device that reads blood sugar levels and automatically shuts off the flow of insulin. Click here to learn more about how it could help the 3 million Americans living with type 1 diabetes better manage their disease.

**Beauty:**

**Beauty Downsides to Diabetes:** Click here to read tips on how to combat things such as cracked heels and dry skin.

**FREE STUFF!!**

**Cycle 101**

Want to try a studio cycling class but you don’t know where to start? Now you can try a FREE afternoon beginner class! You must be a Wellness Center member or a paying guest in order to participate. Classes are every Wednesday from 12:00 – 1:00 p.m. and Thursday from 11:15 – 12:00 p.m.

**Meditation Classes**

There is more to fitness than cardio and weightlifting. Take advantage of a free meditation class to work on your overall mental health. Registration for this class is required. Contact the Sales Office for details (305-284-5433) or register online.

**FOOD FOR THOUGHT**

It is well known that regular exercise helps prevent and to some extent alleviate Type 2 diabetes. All exercise is beneficial, however interval training may be more effective than regular continuous training (long duration, steady exercise). Interval training mixes higher intensity exercise (work periods) with lower intensity exercise (rest periods), repeatedly. An example of an interval training session is jogging for 30 seconds then walking for 90 seconds. This interval should be repeated 10x for a total of 20 minutes. The longer rest periods allow for just enough recovery time to repeat the short bout of higher intensity exercise. These short work periods help ramp metabolic rate and improve the insulin action at the muscle thus reducing Type 2 diabetes risk.

Diabetes contributes to many health complications, some of which can be very severe. Common complications include:

- Damage to vision (Retinopathy)
- Kidney damage
- Reduced blood flow and neuropathy
- Heart disease and stroke
- Neuropathy (nerve damage)

Diabetes affects nearly 26 million Americans. About one-quarter are unaware they have the disease.
**Squat & Press**

**Step 1:** Begin with your back straight and feet shoulder-width apart. Hold the dumbbells in front of you comfortably at about the height of your shoulders.

**Step 2:** Squat down to a 90-degree angle while keeping your back erect. Keep your abdominal muscles tight and look straight ahead. Practice the movement without any weight at first if you’re having trouble getting a full squat.

**Step 3:** Rise out of the squat with a slight explosion while maintaining form and control. Breathe out on the exertion. Simultaneously press or push the dumbbells up and over your head.

**Step 4:** End the movement by bringing the dumbbells back into the shoulder position.

Note on form: Avoid arching your back during the overhead press.

Click here to watch our YouTube video of this exercise.

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**TIPS FOR A HEALTHIER [U]**

**Chili Lime Shrimp**

This dish is not only flavorful, but also beautiful. Serve them on skewers, in a lettuce cup, or over brown rice for a main dish. They are easy and a huge hit at parties. This is an American Diabetes Association approved recipe from the Healthy Calendar Diabetic Cooking, 2nd ed.

**Ingredients:**
- 1 tsp olive oil
- nonstick cooking spray
- 4 scallions (green and white parts), minced
- 1/4 cup lime juice
- 1 Tbsp minced garlic
- 1 Tbsp Splenda Brown Sugar Blend
- 1 tsp Asian-style chili-garlic sauce
- 9 ounces peeled and deveined raw medium shrimp

**Directions:**
1. Add olive oil and a generous amount of cooking spray to a nonstick skillet over medium-high heat.
2. Add scallions and sauté for 3-4 minutes.
3. In a small bowl, whisk together lime juice, garlic, brown sugar, and chili-garlic sauce. Pour over scallions and simmer until reduced by half, about 3-4 minutes.
4. Add shrimp and sauté until shrimp is pink and just cooked through, about 4 minutes.

Source & nutritional information here.
**Cooking Classes**

Perfect for date nights or just a fun night out with friends! All classes run from 6:30 – 8:30 p.m. Check out the upcoming classes below:

- Tuesday 11/5................Italian Cooking
- Monday 11/18.................French Cuisine
- Wednesday 11/20.........Chili Nights

Want to plan a private cooking class for your next event? Contact Elena Fajardo e.fajardo1@umiami.edu for details.

**CPR and First Aid Classes**

We offer basic CPR, AED and First Aid training as well as a more advanced CPR for Health Care Providers. Class dates listed below:

- **Heartsaver CPR with AED:**
  - Wednesday 11/6 5:30 – 7:30 p.m.
  - Friday 12/6 5:30 – 7:30 p.m.

- **Basic Life Support for Healthcare Providers:**
  - Monday 11/18 3:30 – 7:30 p.m.
  - Wednesday 12/4 3:30 – 7:30 p.m.

- **First Aid:**
  - Monday 11/4 5:30 – 7:30 p.m

*The above classes have limited space and are available for online registration. You must pay at time of registration. If you wish to cancel, you must do so at least 24 hours in advance. No refunds will be given for cancellation within 24 hours.*

**Symptoms of Diabetes**

- Frequent urination
- Exhustion
- Thirst
- Blurred vision
- Weight loss or gain
- 7 MILLION AMERICANS are UNDIAGNOSED
- 18.8 MILLION AMERICANS have been diagnosed with DIABETES
- 79 MILLION AMERICAN ADULTS have PRE-DIABETES
- EACH DAY MORE THAN 5,000 AMERICAN ADULTS are diagnosed with DIABETES

**Studio Cycling and Yoga**

Get unlimited access to Studio Cycling and Yoga classes with a semester pass! As of November 4th, passes will be **prorated again** for both Studio Cycling and Yoga. Classes run through December 14th. Prices are listed below:

<table>
<thead>
<tr>
<th></th>
<th>Studio Cycling</th>
<th>Yoga</th>
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</thead>
<tbody>
<tr>
<td>Student Member</td>
<td>$12</td>
<td>$30</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$20</td>
<td>$48</td>
</tr>
</tbody>
</table>

Not sure if you are ready to commit to a full semester? Pay for a one-time pass and come back to the Sales Office within 7 days to credit that pass towards the purchase of a full semester pass!
We're in the News!

Our Core Mama™ class was featured on WSVN (7NEWS). Click here for the video clip coverage:

*Parent to Parent: Fit Moms*

Core Mama™ is our new prenatal and postpartum fitness class that helps you control weight gain and maintain muscle tone during pregnancy and get your body back faster after the baby comes. ALL MOTHERS AND ALL LEVELS WELCOME.

Classes are included in membership. If not a member, classes are $15 per session. For more information contact our membership office at (305) 243-7609. Classes are held Wednesday and Friday at 1:00 p.m.

Meet and Greet

We’d like to welcome our new Front Desk Receptionist Lisa Nuccio. Lisa is originally from Naples, Florida. She attended Florida Southern College in Lakeland where she majored in History and Philosophy. While there, Lisa worked at their Wellness Center for 3 years as a receptionist and student supervisor. Lisa enjoys reading and jogging.

Meditation Class

The Wellness Center offers meditation classes to students, faculty and staff, and community members. Relax and unwind as you learn to meditate. No RSVP needed, chairs are available. *Click here for meditation schedule.*

‘Follow us’ and ‘Like us’

Are you on Facebook and Twitter? So are we! Follow us on Twitter at *UWellnessCenter* and like us on Facebook at *UWellness Center & Programs*. Keep up with what’s happening at YOUR Medical Wellness Center.

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**STUDENT SECTION**

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**Upcoming Club Sport Games**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Men’s Rugby</td>
<td>11/2</td>
<td>2 p.m.</td>
<td>IM Fields</td>
</tr>
<tr>
<td>Women’s Rugby</td>
<td>11/2</td>
<td>6 p.m.</td>
<td>IM Fields</td>
</tr>
</tbody>
</table>

**Special Event Registration**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Deadline</th>
<th>Cost</th>
<th>Captains Meeting</th>
<th>Play</th>
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</thead>
<tbody>
<tr>
<td>PS3 NCAA Football Tournament</td>
<td>11/12</td>
<td>Free</td>
<td>On Site</td>
<td>11/13 @ 6 p.m.</td>
</tr>
<tr>
<td>X Box 360 Tournament – FIFA</td>
<td>12/3</td>
<td>Free</td>
<td>On Site</td>
<td>12/4 @ 6 p.m.</td>
</tr>
<tr>
<td>Floor Hockey Tournament</td>
<td>12/3</td>
<td>$20</td>
<td>On Site</td>
<td>12/6 &amp; 7</td>
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</tbody>
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**MEDICAL WELLNESS CENTER NEWS**
I’m a bit nervous. The semester is almost over and I’ll be going home for Thanksgiving break and then for the longer winter break. I’ve gained a little weight since I’ve been on campus but not too much. My concern is more for the holiday eating. I don’t think I’ll be able to get into the Wellness Center as much as I’d like to as the semester winds down and I’m really nervous that I’ll be gaining weight before I get home. I’ll be seeing a lot of friends that I haven’t seen since I left for UM and I want to look AWESOME! Do you have any advice on what to do for these last 6 weeks/holiday time?

The best thing that I took from your question is that you’re using YOUR Wellness Center. It’s a wonderful amenity to have on campus that can provide you with so many options to help you get healthy and stay fit. Doing something is still better than nothing. The holidays are always a challenging time for people who are trying to maintain their fitness regimens. During the holiday season, people can gain 1-2 pounds but some can gain 5-7 pounds. When you factor in the limitation of access to outside activities due to colder weather (not in Miami!!), your motivation to workout may be significantly reduced. Here’s the good news though: it can take just a quick couple months to lose that weight if you get a handle on it early.

Here are some tips to help you stay more active during the holiday season:

1. **Walk More.** Take into consideration weather, time of day, location. As long as you can do it safely, go for it. Dress appropriately!!

2. **Do interval training.** You’ll get more bang-for-your-buck by combining bouts of cardiovascular activity with resistance training.

3. **Drink water.** ‘Nuff said.

4. **Eat in the moment.** By this I mean pay attention to what you’re eating, enjoy it, and eat slowly. That way, you’ll give yourself time to recognize when you’re full before you need to unbutton your pants.

5. **If possible, brush your teeth after eating.** By brushing your teeth, you’ll have to wait some time for the minty, fresh breath to wear off before eating anything else. You may not be hungry any more by the time that happens.

I think holidays tend to be a bit more stressful but if you can find some fun ways to incorporate exercise as a stress-reliever as opposed to food, the results will be in your favor. Enjoy your holiday!

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**NOVEMBER 2013**

UM basketball season is here! Check the Bank United Center calendar for the game times of men’s and women’s basketball. Special events also listed. Parking around the Wellness Center may be affected.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>9</td>
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<tr>
<td>Miami Xtreme Cheerleading 10AM-5PM</td>
<td>Hunger Games 4:30PM-7:30PM</td>
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<td>Homecoming Concert Big Sean 8PM-11PM</td>
<td>Women’s vs. N. Florida 5PM-7PM</td>
<td>Freestyle Honor Awards 7PM-12AM</td>
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<td>12</td>
<td>13</td>
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<tr>
<td>Women’s vs. Richmond 2PM-4PM</td>
<td>Men’s vs. Georgia Southern Eagles 7PM-9PM</td>
<td>Men’s vs. Texas Southern Tigers 7PM-9PM</td>
<td>United Way Breakfast 7AM-12PM</td>
<td>Women’s vs. Middle Tennessee 8PM-10PM</td>
<td>Women’s vs. Missouri/Hartford EVENT TIME TBD</td>
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<td>20</td>
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<tr>
<td>Orange Bowl Cheerleading 9AM-5PM</td>
<td></td>
<td></td>
<td>Men’s vs. UT 7PM-9PM</td>
<td>Men’s vs. UCF 7PM-9PM</td>
<td></td>
<td>St. Louis Church Jubilee 4:30PM-7:30PM</td>
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<td>27</td>
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<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Women’s vs. Yale 7PM-9PM</td>
<td></td>
<td></td>
<td></td>
<td>Women’s vs. St. Francis EVENT TIME TBD</td>
<td>Women’s vs. Missouri/Hartford EVENT TIME TBD</td>
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</table>
Congratulations Mr. P!

On Wednesday, October 30, Norm Parsons, director of the Herbert Wellness Center and the UHealth Fitness and Wellness Center, was awarded the inaugural Norman C. Parsons, Jr. Lifetime Achievement Award. The award, presented by Danny Diaz, on behalf of Student Government and the student body, is in recognition of Norm’s significant contributions to the University. Norm has tirelessly served the University for over 40 years, garnering the Inside Out Award from Alumni Relations, the James McLamore Outstanding Service Award from the Faculty Senate, the May Brunson Service Award from the Women’s Commission, the Dr. Thurston Adams Outstanding Service Award and the Bowman Foster Ashe Award from the Iron Arrow Honor Society, and most recently an inductee into the UM Sports Hall of Fame.

Please join the entire Herbert Wellness Center staff in congratulating Norm on his latest, and most certainly not his last, achievement at the U!

IN NEXT MONTH’S ISSUE

• Wrapping up 2013
• How to prepare for the new year
• Tips to avoid putting on extra holiday weight

SASSY SWEAT

Tuesday, November 19th
8:30-9:30 p.m.
Multi-D
One-time specialty class.
Wellness Center members only.
First-come, first-served.
Sneakers required, sneaker wedges encouraged.

Ladies Only

A sassy flare on Miami’s latest fitness craze! This 60-minute dance workout featuring hits from today’s hip-hop artists will bring out your inner video vamp. Let down that hair and get dolled up in your cutest workout attire because this ‘girls only’ dance session will be sure to make you sweat.

*Explicit music content may apply

It’s a ‘Canes thing...bring your sassy swag.