

**November 2016**  
**MAINTAIN DON'T GAIN**

# Fitness & Health

more on our website  
[www.chandleraz.gov/fitness](http://www.chandleraz.gov/fitness)

## The Weight of the Matter – 5 Tips for American Diabetes Month

November is Diabetes Awareness Month and a great time to raise awareness and help yourself and/or family eat healthy, stay active, and take control of their health! Controlling blood glucose through better nutrition, regular exercise, and other important lifestyle changes can drastically reduce a person's chances of diabetic complications. Have your blood sugar levels tested this month then try the following tips to help you prevent or delay the onset of Diabetes.

- 1. Step Out.** Exercise at least 30 minutes of moderate intensity five days a week. Cardio and muscle strengthening exercises should be combined for optimal effectiveness.
- 2. Choose Wisely.** Reduce your caloric intake, increase consumption of vegetables and lean proteins, reduce sugar and fat intake.
- 3. See Clearly.** Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.
- 4. Say "Om."** Learn to meditate to help reduce stress and improve your blood sugar levels.
- 5. Stand Up.** You may not feel foot injuries, so check both feet daily for blisters, cuts or sores.

*This holiday season; don't let weight gain weigh you down. TRC's fitness programs help you maintain a healthy weight while building habits to prevent or tackle Diabetes.*

## MAINTAIN DON'T GAIN HOLIDAY CHALLENGE

Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. The six-week challenge provides participants with weekly tips, tricks, and workouts to help maintain your weight throughout the holiday season – so you don't have to worry about losing it.

Resident fee: \$57    Non-resident fee: \$77  
2TW917    Sa    11/12-12/17    10:30-11 a.m.    18 yrs+  
                  W    11/16-12/21    9-10 a.m.

## MEET OUR NEW REGISTERED DIETITIAN



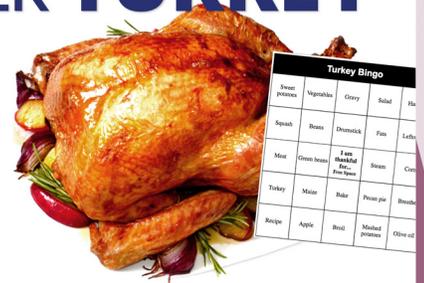
TRC Registered Dietitian,  
**JESSICA**

A Registered Dietitian, licensed in the state of Arizona, Jessica serves as your Dietitian and Wellness Coach at the TRC. Jessica meets individually with consumers to set personal goals and provides them with nutrition and fitness education to meet those goals. Other programs include group weight management and nutrition classes, facility tours, food demonstrations and hands-on cooking classes. Her position allows her to share her passion for nutrition through teaching others to choose, prepare and enjoy delicious, wholesome food.

## LET'S TALK TURKEY

WEDNESDAY  
**NOV. 16**  
**10:30-11:30 a.m.**  
TRC • COTTON ROOM SOUTH

Learn the health benefits of Thanksgiving turkey at Turkey BINGO.



☎ 480-782-2907

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