



Wellness Newsletter

— from the school nurse

November is National Diabetes Month

Diabetes Awareness Month is an opportunity to raise awareness about diabetes and show support. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. There are two types of diabetes. In Type 1 diabetes, the pancreas produces little or no insulin and cannot be cured or prevented by diet or exercise. With Type 2 diabetes, the body produces insulin but is resistant to its effects. Luckily, in most cases of Type 2 diabetes are preventable.

Here are a few healthy lifestyle changes that can help you avoid, control, or even reverse type 2 diabetes.

- Avoid overeating to control your weight.
- Eat healthy foods most of the time.
- Add more fruits and vegetables to your diet.
- Avoid processed foods and snacks.
- Increase physical activity, try to get in 30 minutes five days a week.
- Drink water instead of juice or soda.

Every time you eat or drink you are either feeding disease or fighting it.

Healthy Holiday Season

As the holiday season approaches unhealthy habits can easily develop as we enjoy all our favorite dishes and desserts. Overeating is common and can lead to feeling sick, being over tired, and increased weight gain.

Here are a few tips to help you have a healthier holiday season.

- Drink plenty of water to help fill you up.
- Do not skip meals as this can lead to overeating.
- Be mindful to your portion size. If you want to try multiple food options; do so by taking smaller portions or just choose your favorite one.
- Drink in moderation to decrease the amount of calories consumed.
- Remember to include fruits and veggies on your plate.
- Don't forget to schedule in workouts.

Monthly Tip

— stretch —

Try a new form of exercise.

Physical activity reduces symptoms of depression and anxiety

You Tube has many exercise videos for free!

monthly Recipe



SKILLET CHEESY CHICKEN AND VEGGIE RICE

Serves 4

- 1 lb boneless, skinless chicken breast, cubed small
- 1 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/4 tsp black pepper
- 2 teaspoons olive oil
- 3 cloves crushed garlic
- 1/2 cup chopped onion
- 12 ounces riced cauliflower and broccoli
- 1-2 cups cooked rice or quinoa (warmed)
- 1 cup shredded sharp cheddar

Season chicken with 1/2 teaspoon kosher salt, garlic powder and black pepper, to taste.

Heat a large nonstick skillet over high heat. When hot add 1 teaspoon oil and add half of the chicken.

Cook 2 to 3 minutes on each side, until no longer pink in the center and browned on the edges. Set aside. Repeat with remaining chicken.

Add the remaining 1 teaspoon of oil, onion and garlic and cook over medium heat about 2 minutes, until soft. Add the riced vegetables (frozen), 1/2 teaspoon salt and pepper and cook 5 to 6 minutes, until heated through.

Add warm cooked rice or quinoa to skillet and mix well. Return the chicken to the skillet, top with the cheese and cover. Cook low heat until the cheese is melted, about 2 to 3 minutes.