#### CALENDAR

November 8-9th APFP 40th Anniversary

**Celebrations** 

November 28th Thanksgiving Day

### Thanksgiving Break Closure

The APFP will be <u>closed</u> the following days and times in observance for the holiday:

Wednesday, November 27 3:30-7:00 pm

Thursday, November 28
ALL DAY

Friday, November 29
ALL DAY

Saturday, November 30 morning

### HAPPY BIRTHDAY!

Ken Y. - 11/1

Dorinda W. - 1/2

Gayle H. – 11/8

Kim C. - 11/16

Lois L. - 11/17

Kerry W. - 11/18

Steve G. - 11/18

Marcia J. - 11/21

Jen Y. – 11/21

Ernesto P. – 11/23

Kathy G. - 11/24

Louis P. - 11/25

Carol W. - 11/28

Ceola D. - 11/30

# APFP Newsletter November 2013



Thanksgiving is right around the corner and marks the beginning of the holiday season. If you are like the rest of us, the holiday season comes with an abundance of food, taking refuge from the outdoors by lounging in the recliner, and thankfulness for elastic waistbands. But this Thanksgiving, just a few minor adjustments can keep you healthier, just as happy, ready to go after that long weekend, and less regretful coming January 1<sup>st</sup>.

**Be physically active!** Take a walk after the turkey dinner or during halftime of the football game. Better yet, get the whole family to take a walk with you!

**Eat breakfast.** This will give you a more balanced energy intake for the day and prevent you from overeating at dinner.

**Eat more slowly**. This will increase your enjoyment of the food and decrease your total intake, but you'll feel just as full.

Make sure to choose a variety of foods for your dinner plate such as vegetables, fruits, and whole grain breads.

### November is National Diabetes Month

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

Some of the ways you can reduce your risk for diabetes, or control your diabetes are:

- Be physically active
- Stop smoking
- Eat a healthy diet
- Be aware of your blood sugar and cholesterol levels and keep them controlled
- Be aware of your blood pressure levels and keep them controlled.

### **Control Your Portions!**

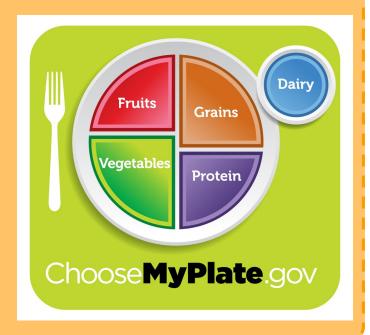
Half of your plate should be equally fruits and vegetables.

Protein should be 8 ounces (about the size of the palm of your hand).

A quarter of your plate should be grains.

At least half the grains consumed should be WHOLE grains which contain the bran, the germ, and endosperm. REFINED grains removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins (white bread, white rice).

Try to limit yourself to ONE dessert. Pay attention to portion sizes on the label. Often they are much smaller than we think!



## From the Office...

November is the season for our clocks to change, the Thanksgiving holiday approaching and colder weather! Our website is an excellent place to check if we have inclement weather, if the APFP will be open that day, and if there are any time changes. We have also requested to be added to the WTHR list for closings and will post on WLBC 104.1. In addition, you can contact the office at (765) 285-1140 and we will have a message stating there has been a closing or delay due to weather. <a href="http://cms.bsu.edu/academics/collegesanddepartments/cepp/masters/programfeat/apfp/currentmemberinfo">http://cms.bsu.edu/academics/collegesanddepartments/cepp/masters/programfeat/apfp/currentmemberinfo</a>

You may have noticed that we have been doing some remodeling in the fitness enter. Thank you for your patience during this process. We hope the project will be complete before the end of next week. We also want to emphasize the required procedure for keeping our equipment in optimal condition. When wiping down the equipment after use, please spray the disinfectant directly onto the gray cleaning towels then wipe the handles and any other places where sweat may have fallen. Please do not spray directly on the equipment and do not wipe anywhere on the electronic pads or the monitor (our staff will disinfect the these areas on a regular basis).

As always, please keep us informed of any medication, email, physician, emergency contact updates!

Have a great month!

- The Program Office Staff

