



Take a NOURISH Step!

November: Fitness and Diabetes



Did you Know?

Just 10 minutes of walking after meals improves blood sugar.

What is Physical Activity?

Physical activity is when a movement burns energy. This can be during leisure time, transport to and from places, or as a part of a job. Moderate and vigorous activity improve health.



Benefits of Movement...

Increased Insulin Sensitivity

Regular exercise means cells are more responsive to insulin, which helps manage blood sugars. On the other hand, a sedentary lifestyle can increase the challenges of diabetes management.



Improved Mood

- Exercise releases feel-good endorphins. Endorphins are brain chemicals that improve your sense of well-being.

Exercise also take your mind off worries.

Better Mobility

Exercises that improve your strength, balance and flexibility help make you stronger and feel more confident on your feet.

How Often Should I Exercise?

Aerobic Activity

The CDC recommends 150 minutes of aerobic activity (movement that gets your heart rate up!) for adults 65+. Some examples include mowing the lawn, raking leaves, dancing, walking, active yoga, biking, water aerobics, swimming, and chair exercises.

Strength Training

It is recommended that older adults participate in strength training at least 2 days per week. Some example activities include: Lifting weights or using resistance bands, body-weight exercises like push-ups or sit-ups, and yoga or Pilates.

Balance Exercises

Balance activities prevent falls, which reduced the risk for injury and bone fractures. Some example activities include: walking backwards, standing on one leg, and using a wobble board. Strength activities also help improve balance!

Importance of Hydration

Hydration prevents cramps and supports circulation during activity.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 11/2026

Energy-Boosting Snack Plate

Ingredients

- Grain:
 - Whole-grain crackers
 - Pretzels
 - Popcorn
 - Rice cake



- Protein:
 - Hard-boiled egg
 - Sliced turkey
 - Peanut butter
 - Hummus
 - Cottage cheese



- Vegetable/fruit:
 - Sliced apple/applesauce
 - Cucumber
 - Carrots
 - Orange
 - Celery sticks

Directions

- Pick 1-2 items from each of the food groups listed above
- Arrange ingredients on a plate
- Enjoy!



7-Day Movement Challenge

Directions: Follow along with this week long exercise challenge! Feel free to swap out activities for what you enjoy most!

- Day 1: Go for a walk with a friend
- Day 2: 10-minute balance activity
 - Heel-to-toe walk
- Day 3: 20-minute chair yoga
- Day 4: Learn a new dance
- Day 5: Practice standing on one leg
- Day 6: Work with resistance bands or weights
- Day 7: 30-minute outdoor activity
 - Walk, ride a bike, rake leaves



Small Steps Count!

- Chair exercises, walking, stretching.

Even small amounts of exercise and modest increases in fitness can make a clear difference, and some exercise is always better than no exercise.

Keep taking NOURISH Steps and learn more about physical activity at:

<https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html#:~:text=Every%20week%2C%20adults%2065%20and,activity%20is%20moderate%20or%20vigorous>

If you want more pep, take a NOURISH Step!

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