

Diabetes *Views*

Music to Move You

Listening to music is a great way to stay energized while exercising. Whether you're at the gym, training for a marathon, or just out for a walk on a nice day, the right mix can make your workout seem to fly by. Change up your playlist every once in a while to keep it fresh and interesting. Kevin, a person with diabetes, shares some songs that keep him motivated while walking, jogging or running. Are any of these on *your* playlist?



- ~ End Over End - Foo Fighters
- ~ Options - Gomez
- ~ Hard Sun (Main) - Eddie Vedder
- ~ Boulevard Of Broken Dreams - Green Day
- ~ I Am The Highway - Audioslave
- ~ So What'cha Want - Beastie Boys
- ~ Don't Let Go - Weezer
- ~ Here It Goes Again - Ok Go
- ~ Wake Up Call - Maroon 5
- ~ Human - The Killers
- ~ Hello Again - Dave Matthews Band
- ~ Home - Phillip Phillips
- ~ Rolling In The Deep - Adele

To listen to Kevin's playlist, or see what some of our Diabetes Educators and staff like to listen to while working out visit:

mghdiabeteseducation.wordpress.com/music-and-playlists/

If you have a story about your experience with Diabetes you'd like to share for a future issue of Diabetes Views or would like to suggest a playlist of your own, e-mail: diabetesviews@partners.org

Overcoming Barriers to Fitness: Getting Started

By Mike Bento, Personal Trainer
The Clubs at Charles River Park

Beginning a fitness routine is a bit like getting on the highway; you start off slow and gradually build momentum. Sometimes, it can be hard to know where to start.

Like any big change, it's best to create goals you can achieve and set realistic expectations. For example, if exercising 5 days a week seems like too much at first, maybe start by doing some form of physical activity 3 days a week. If that's your goal, focus on getting in those 3 days – don't worry

about anything else. Or, if you're nervous about going to the gym (because let's face it, they can be scary) a goal could be going to the gym and walking through the front door. Once you're there, you can do whatever you're comfortable with. It's important to take the time to feel comfortable about your fitness routine. This will help you achieve your goals. At the end of the week, look back and see how you did.

(Continued on page 4)

Scallops with Horseradish Cream

Adapted from *Cooking Light*

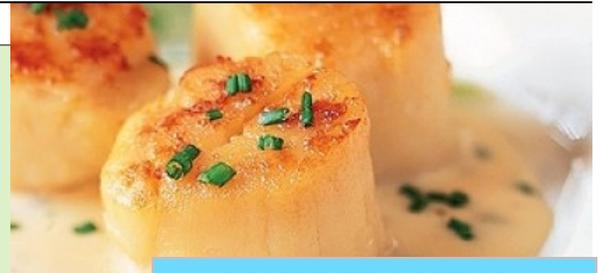
- 1 cup peeled and chopped cucumber
- 1 cup low fat plain yogurt
- 2 tbsp finely chopped parsley
- 1½ tbsp horseradish (jarred, e.g. "prepared," or fresh*)
- ¼ tsp kosher salt
- 1/8 tsp black pepper
- 1 tbsp olive oil
- 1½ pounds scallops

Instructions:

Combine the first six ingredients in a small bowl; set sauce aside.
Heat a sauté pan on medium high heat; add olive oil. Add scallops to the pan and cook until no longer translucent, about 1 minute per side.
Serve with the prepared cucumber horseradish sauce.

Yield: 4 servings

*If using fresh horseradish root, peel it like you would a carrot and then grate the root with a microplane or cheese grater.



MAKE IT A MEAL:

Entrée: one serving of scallops with horseradish cream

Vegetable: 2 cups salad greens with ½ tbsp olive oil (60 calories), 1 tbsp balsamic vinegar (15 calories), and ¼ a large apple, sliced (30 calories)

Starch: 1 small whole wheat roll, about 2½ inches in diameter (95 calories)

Have leftover horseradish cream?

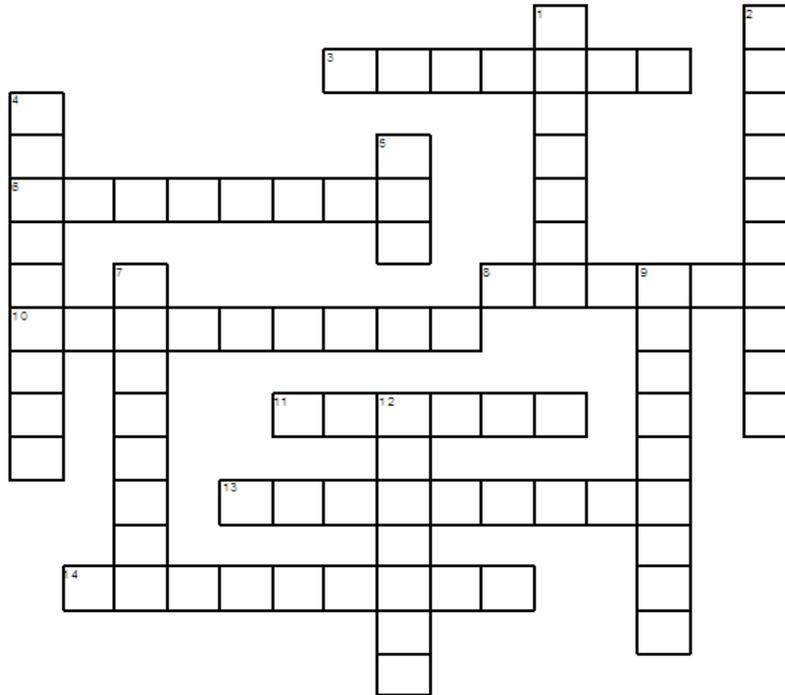
Use it as condiment in a roast beef, cheddar and arugula sandwich on whole wheat bread. (You could also use it in a smoked salmon sandwich.)

NUTRITION INFORMATION PER SERVING:

CALORIES: 195 • PROTEIN: 24 g • SODIUM: 480 mg • CARBOHYDRATE: 11 g • FIBER: 0.5 g • FAT: 5 g • Sat Fat: 1.5 g

Goal Setting Crossword

The start of a new year often means setting goals and working toward healthy changes. Set yourself up for success with the tips in the crossword puzzle below:



www.CrosswordWolver.com

ACROSS

- 3 Better blood sugar control and lower blood pressure are other ways to measure _____ with weight loss efforts
- 6 Don't give up! Setbacks can help you find places where you can _____ your plan and make adjustments.
- 8 Don't keep your New Year's Resolution a _____! Tell your friends and family so they can help out when things get tough
- 10 Keeping one of these can help you keep track of what you eat (2 words)
- 11 Making changes can be challenging. Give yourself one of these to recognize all your hard work and accomplishments.
- 13 An important first step is finding what _____ you to make healthy changes
- 14 Give yourself permission to slip up - the important part is to pick up where you left off and _____! (2 words)

DOWN

- 1 Setting a deadline gives you a way to _____ your success with the goal.
- 2 Don't try to do too much at once. Break big goals into _____ (2 words)
- 4 Eating a good _____ helps you feel full throughout the morning so you're less likely to overeat later
- 5 Don't have time to get to the gym? Try breaking exercise up into _____ minute sessions throughout the day
- 7 Focus on the _____. Instead of thinking about what you are losing or giving up, think about what you will gain by achieving your goal.
- 9 A SMART goal is Specific, Measurable, Attainable, _____ and Timely
- 12 Stay on track by _____ down your goal and keeping it somewhere you can see it

(*Fitness continued from page 2*)

All exercise routines should include cardiovascular, strength training, and flexibility exercises. For example, this might mean including running, weight lifting, and stretching into each exercise program.

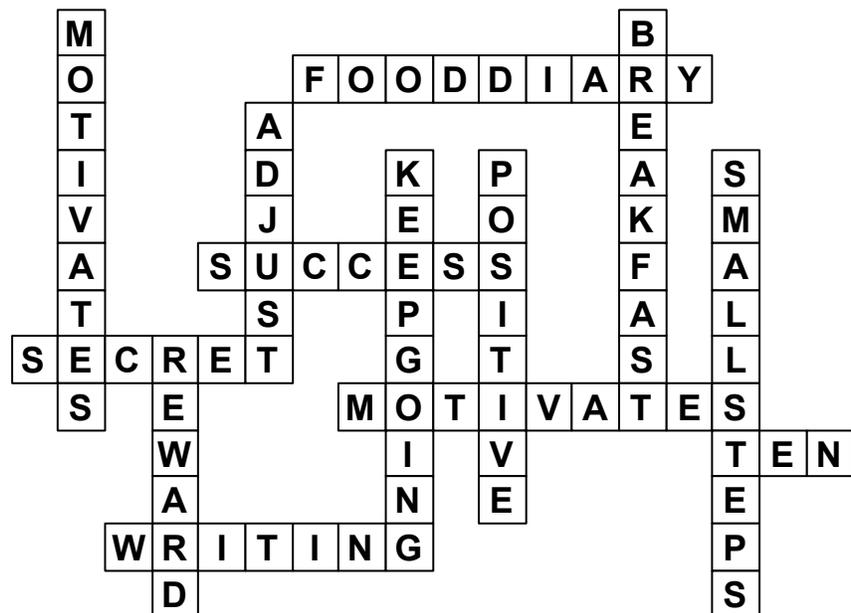
How long and how often you do each activity varies from person to person. I recommend getting an evaluation from a personal trainer at a gym or a Physical Therapist. A trainer can help you plan an exercise program that works best for you. Having a personalized fitness plan will be the most effective in seeing the results you want.

They can also suggest ways you can overcome your limits and prevent injury. Think of it like bringing a car for a tune-up.

Always talk to your healthcare provider before starting any new exercise routine. Exercising occasionally is better than not exercising at all.

However, if you want to see the best results and get the full benefit, fitness needs to become part of your lifestyle. Remember fitness as a highway on-ramp; you start off small and slowly build up your endurance.

Crossword Answers



Diabetes Self-Management Education and Support Programs



Facebook.com/mghdiabetesed



@MGHDiabetesEd



mghdiabeteseducation.wordpress.com



pinterest.com/mghdiabetesed

To submit a question for the nutritionist or leave comments, please e-mail: diabetesviews@partners.org

Copyright: 2013 Massachusetts General Hospital Diabetes Education and Support Programs

Editor: Chrisanne Sikora
Project Manager, Social Media

Reviewed by the Blum Patient and Family Learning Center for health literacy.

Scan with your mobile phone to learn more

