As the weather changes and outdoor activities are not as attractive we need to look for other ways to exercise. Strength training is one of those options that can be done indoors. Studies show that strength training can be very useful in managing your blood sugar levels and improving your insulin sensitivity. It can also strengthen your bones and muscles, which can help to reduce bone fractures or osteoporosis.

The American Diabetes Association recommends strength training twice a week in addition to some type of aerobic exercise like walking, running, or a class. Some of the ways you can incorporate strength training, include:

- Weight machines at a gym or free weights at home (exercise weights or even a can of vegetables or bottle of water)
- Using resistance bands (stretchy bands)
- Exercises that use your own body weight to strengthen muscles, including pushups, sit ups, squats, lunges, wall-sits and planks
- Even heavy gardening and yard work count

Here are three other exercises to consider adding to your fitness plan. Try to do two sets of 8 to 12 repetitions

**Curls**

Hold a light pair of dumbbells (3-5 lbs) in each hand, arms at your side with palms facing up. Holding elbows steady, curl your forearm to bring the dumbbell almost to your shoulders and then resume starting position. A 24 oz. water bottles can be used instead of dumbbells. This exercise will strengthen your biceps.

**Wall Squats**

Stand against a wall, feet about a foot in front of you. Bend your knees as you lower your back against the wall until you are in a sitting-position. Hold for several seconds, and then return to standing. Wall squats work the Quadriceps and hamstrings in the thighs.

Made possible by Diabetes Self-Management Sept-Oct 2018
Serves 8; serving size: 3/4 cup

**Ingredients**
- 2 lb carrots, peeled and halved crosswise
- 1 onion, cut into 1” chunks
- 4 cups water
- 2 t fresh minced ginger
- ½ t salt
- 1/8 t pepper
- Fresh dill

**Preparation**

1. Preheat the oven to 425 degrees. In a large bowl, combine the carrots, onion and olive oil. Toss until evenly coated. Place the veggies on a baking sheet. Roast for 30 minutes, or until veggies are tender and beginning to brown.

2. Working in batches, if necessary, place the roasted veggies in a blender with the water. Process until smooth, then pour into a soup pot. Add the ginger, salt, and pepper.

3. Over medium heat, ginger to a boil, then reduce the heat to low. Simmer for 5 minutes, or until heated through.

Garnish each serving with fresh dill.

**Nutrition Information**
- Calories: 80
- Total Fat: 3.5 g
- Sodium: 220 mg
- Total Carbohydrate: 13 g
- Dietary Fiber: 4 g
- Protein: 1 g

Brought to you by Diabetes Forecast Magazine
July/August 2018

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Diabetes-related emergencies are most often due to a severe drop in or rise in blood sugar levels; without proper treatment, it can become serious and even life-threatening. In the next few newsletters we will review important information on how to recognize and address these emergencies.

**Serve Hypoglycemia**

Hypoglycemia, or low blood sugar is described by the American Diabetes Association as a blood sugar 70 mg/dl or lower. When blood sugar levels drop even further (typically below 54 mg/dl), this is called clinically significant hypoglycemia. Severe hypoglycemia is not defined by specific blood sugar value; rather, it’s defined by cognitive impairment and the need for assistance to recover.

**Symptoms**
- Inability to swallow
- Seizures or convulsions
- Loss of consciousness

Severe hypoglycemia poses an immediate risk, but it can also increase the risk of dementia in older adults. Left untreated it can lead to death.

**Action Steps**

If you take any type of diabetes medication, you can be at risk. Taking too much medication, skipping or delaying meals, drinking alcohol without eating and doing unplanned physical activity all put you at risk for low blood sugar.

Take your diabetes medications as directed. If you have frequent lows, talk to your doctor because you may need to lower your dose or change medications.

Always have treatment for low blood sugar with you (fast acting carbs, glucose tablets, hard candy, raisins, juice box)

Check your blood sugar regularly and more often is you eat less than usual or have been more active. Check it before you drive the car or operate machinery.

Get a prescription for Glucagon and injectable hormone that raises your blood sugar and is good when you can’t swallow.

Wear an ID bracelet or necklace stating you have diabetes.

Made possible by Diabetes Self-Management Sept-Oct 2018
Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin 1st Tuesday of every other month beginning 2/6/18, 10:00 am – 12:00 pm.

English: Livermore Parks & Rec. 4444 East Ave, Livermore 2nd Tuesday of every other month beginning 1/9/18, 10:00 am – 12:00 pm.

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland 3rd Tuesday of every other month beginning 1/16/18, 10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center 1155 Santa Clara Avenue, Alameda 4th Wednesday of every other month beginning 9/26/18 10 am - 12 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St, San Leandro 4th Tuesday of every other month beginning 1/23/18, 10:00 am – 12:00 pm

English: Castro Valley Kenneth Atkins Senior Center 17800 Redwood Rd, Castro Valley 2nd Wednesday of every other month beginning 9/12/18 10:00 am – 11:30 am

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave, Hayward 1st Tuesday of every other month, 10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202 1st Thursday of the month, 10:00 am – 12:00 pm Also Quarterly May 19, 2018 10:00 am – 12:00 pm

For details go to our website http://www.acphd.org/diabetes.aspx