



PHAMILY PHITNESS

JULY 2008

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FITNESS TIP

- Fiber supplementation is very important in the control of blood sugar levels.

DIABETES, A DEATH SENTENCE?

“Man I wish I were a Type 2 diabetic”. What!!! Now before you tar and feather me, this is my request as a Type 1 diabetic. It deeply pains my heart when I know of Type 2 diabetics that throw caution to the wind when it comes to managing their diabetes. I’ve heard statements such as “ You have to die of something “. The problem with this philosophy, is that this is a very debilitating disease, in which you die a piece at a time. The importance of controlling your blood sugar, makes the difference of having a better quality of life versus suffering needlessly. Diet and exercise, along with medication, can greatly manage your blood sugar levels and possibly eliminate the use of medications completely. What is diabetes? It’s when the pancreas doesn’t release sufficient amounts of insulin to process glucose levels in the blood stream. This is what’s known as Type 2 diabetes or Adult Onset Diabetes. Type 1 diabetes is when the pancreas does not release insulin, or the minute amounts of insulin released, has no effect on the process of glucose levels. The advances in diabetes research and treatment, means that with a proper plan of management, this disease doesn’t have to be as destructive as it once was. So having said all of this, check your blood glucose regularly, and if you are diabetic, you should treat it as seriously as any other disease.

SYMPTOMS OF DIABETES.

There are some overt symptoms that you could be diabetic, They are:

- ✓ excessive urination
- ✓ fruity breath
- ✓ excessive thirst
- ✓ extremely sluggish
- ✓ very sticky blood when you get cut

An A1C Test by your family physician, will tell you if you are indeed diabetic.



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BURNING BLOOD SUGAR.

Exercise can't be stressed enough when it comes to using blood sugar for energy. Walking is a great low-impact way to get fit, and maintain or reduce sugar levels . To determine how much or how little exercise is safe, simply test your sugar before the activity, to be sure not to over do it or cheat yourself out of a wonderful stress relieving workout. LET'S BURN IT UP!!!!!!!!!!!!!!!!!!!!!!