

DIET

Diabetes diet — A healthy-eating plan can help you keep your blood sugar under control.

Having diabetes doesn't mean that you have to start eating special foods or follow a complicated diabetes diet plan. For most people, a diabetes diet simply translates into eating a variety of foods in moderate amounts and sticking to regular meal-times.

This means choosing a diet that emphasizes vegetables, fruits and whole grains. Consistency also is key, because your body responds to excess calories and fat by creating an undesirable rise in blood sugar. Rather than a restrictive diet, a diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. In fact, it's the best eating plan for everyone.



Workshops \$10.00 each
or \$25.00 for all 3 paid in
advance

Diabetes Ball \$15.00

Proceeds to go to the
American Diabetes
Association

Reserve Your Tickets Today
Online at www.diabetes.org

or

Contact

Mike Verdone (803)407-0132

Arnell Coker (803)749-0966

www.usadance.us



Diabetics

Living a Healthier Lifestyle
Through

Ballroom Dancing

Medication

New research is leading the way toward better therapies and improved quality of life for many people with diabetes. Medication can be an important part of your treatment plan. How do you know if and when you need insulin or other medications? The answer depends on which symptoms or complications you're experiencing, your blood glucose levels, and other factors you should discuss with your healthcare team.

Ballroom Dancing



Exercise is part of a healthy lifestyle for everyone, and it's especially important for people with diabetes. But exercise doesn't necessarily mean running a marathon or bench-pressing 300 pounds. The goal is to get active and stay active by doing things you enjoy. Ballroom Dancing is an activity people of all ages can enjoy. Consult your health care team before starting any new activity.



How to Get Started:

Beginner Ballroom Dancing Workshops

The Greater Columbia Chapter of USA Dance is holding a series of 3 beginner Ballroom Dancing Workshops. The workshops taught by professional dance competitor/instructor Sheila Brown

Workshops will focus on the beginner
Shag and Foxtrot



This article appeared in Amateur Dancers May/June, 2004.

By Tai-hyung Kwon, Ph. D

Why ballroom dancing is good for you: mentally and physically

Recent studies showed that physical and emotional benefits of dancing are countless. It is no secret that moderate exercise and sensible eating habits are the key to keeping you trim and fit. Besides being a fun social activity, dancing is also an ideal, low impact exercise and also a mild aerobic workout. It can reduce stress, tension, anxiety, and even depression. It increases your confidence in social and business situations, and sharpens your control, agility, speed, and balance. It also increases your flexibility and stamina, strengthens your bones and cardiovascular system, and helps you burn those excess calories.

Some studies indicated that a half hour of sustained dancing can burn as many as 200 to 400 calories. Twenty minutes of dancing can provide as much exercise as 20 minutes of swimming or biking. If you are not sure, try 20 minutes of jitterbug, samba, polka, quickstep or Viennese waltz.

Exercise

Exercise is also known as physical activity and includes anything that gets you moving, such as walking, dancing, or working in the yard. You can earn the benefits of being physically active without going to a gym, playing sports, or using fancy equipment.

When you're physically fit, you have the strength, flexibility, and endurance needed for your daily activities. Being physically active helps you feel better physically and mentally. Physical activity can lower your blood glucose (sugar), blood pressure, and cholesterol. It also reduces your risk for heart disease and stroke, relieves stress, and strengthens your heart, muscles, and bones.

In addition, regular activity helps insulin work better, improves your blood circulation, and keeps your joints flexible. If you're trying to lose weight, a combination of physical activity and wise food choices can help you reach your target weight and maintain it.

Location:

THE BARN

**680 Cherokee Lane
West Columbia, SC 29169**

Workshops

**Saturday 9/4/2010 2:00-3:00 PM
Saturday 9/11/2010 2:00-3:00 PM
Saturday 9/18/2010 2:00-3:00 PM**

Diabetes Charity Ball

**Saturday 9/25/2010 7:00 to 11:00 PM
Beginner Dance Lesson 7:15 to 7:45
See Back Page for more Info**