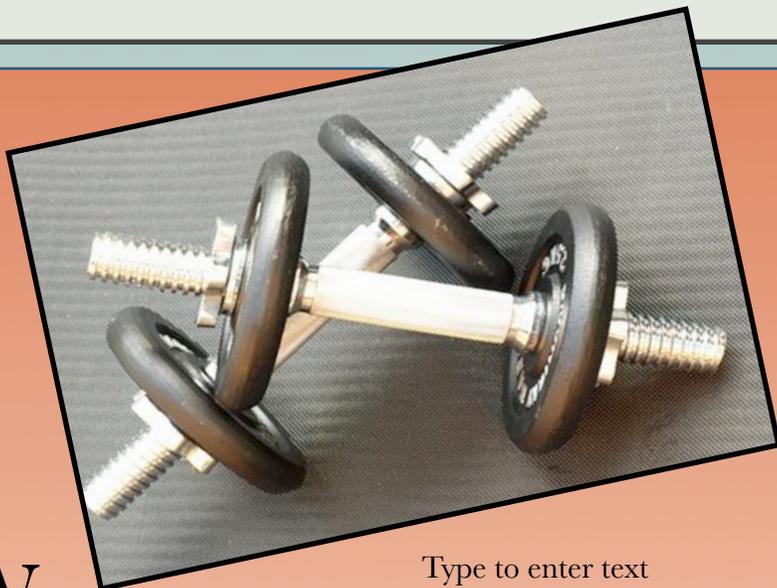


# PLEASE BE WELL

*a newsletter about health & wellness from Be Well Fitness*

October 2017

weekly tidbits



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**W**eight workouts are a surefire way to trim your waistline, raise metabolism, and improve posture. Having more muscle on your frame requires your body to use more energy and that means burning more calories. So, not only do you torch more calories while you are working out, you keep burning them to maintain your muscles. There are many exercises you can do with just a set of dumbbells that will benefit your whole body. And gals, you won't get too muscle-y unless you want to. Other benefits include lower blood pressure, lower insulin levels and weight loss. So, to improve strength, balance, confidence and bone density, grab a couple of hand weights and work a program. Unsure where to start? Ask the Trainer [PleaseBeWell@Yahoo.com](mailto:PleaseBeWell@Yahoo.com)



## Monday

Stretch! Incorporating a daily stretch routine can help to chase away sore muscle and body tension. Just a few minutes a day can make a difference.

## Tuesday

Try quinoa...it's a superfood. A delicious, delicate grain that is gluten-free and full of protein. Try it as a savory side dish or a creamy hot breakfast.

## Wednesday

Cauliflower taking up space in your fridge? Chop up those flowery florets and try this awesome recipe [HERE](#).

## Thursday

Have "me" time! Recharge you inner self with a few minutes of quiet time and reflection. Find a peaceful place, count your blessings and breathe.

## Friday & The Weekend

Looking for your local farmers' market? <https://www.baltimarket.org/farmers-markets/> Apples are in season along with blackberries, pears, peppers, Brussel sprouts and more.

## Diabetes-Are You At Risk?

Diabetes occurs when your body does not produce enough insulin or the insulin it is making is not used effectively. In either case, the process of carbohydrates converting to glucose then to energy is not happening. Glucose backs up into your bloodstream and has adverse effects. Some warning signs and symptoms include thirst (as your cells release water to try to dilute excess sugar in the bloodstream), fatigue (since the glucose/energy cannot reach the cells), blurred vision and numbness or tingling in your extremities (as nerve cells start to die). If you are concerned, get to your doctor. A blood test is required for a diagnosis. Knowing your risk factors can improve your chances of preventing or delaying the development of diabetes. Some factors, you cannot change, such as family history, age or ethnicity. Other factors you can. Staying physically active, eating well and keeping your weight in check are lifestyle changes you can make to improve your chances of not getting diabetes.

For more information [www.diabetes.org](http://www.diabetes.org)