Being More Active is Good for You!

https://www.cdc.gov/diabetes/managing/active.html

If you have diabetes, being active makes your body more sensitive to insulin (the hormone that allows cells in your body to use blood sugar for energy), which helps manage your diabetes. Physical activity also helps control blood sugar levels and lowers your risk of heart disease and nerve damage.

Some additional benefits include:

- Maintaining a healthy weight
- Losing weight, if needed
- Feeling happier
- Sleeping better
- Improving your memory
- Controlling your blood pressure
- Lowering LDL (“bad”) cholesterol and raising HDL (“good”) cholesterol

The goal is to get at least 150 minutes per week of moderate-intensity physical activity. One way to do this is to try to fit in at least 20 to 25 minutes of activity every day. Also, on 2 or more days a week, include activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Examples of moderate-intensity physical activities include:

- Walking briskly
- Doing housework
- Mowing the lawn
- Dancing
- Swimming
- Bicycling
- Playing Sports

Ways To Get Started

Find something you like. Exercising by doing something you enjoy is important because if you don’t like it, you won’t stick with it. Find an activity that you and your health care provider agree you can do regularly for the best results.

Start small. If you’re not already physically active you should begin slowly and work your way up to the desired level. For example, you could park farther from the door, take the stairs, do yard work, or walk the dog. Start small and gradually add a little more time and intensity each week.

Find a partner. It’s more fun when someone else is counting on you to show up. Having a partner may help you continue to be active.

Pick a goal. An example of a goal could be to walk a mile every day for a month or to be active every weekday for 30 minutes. Be specific and realistic. Always discuss your activity goals with your health care provider.

Schedule it in. The more regular activity you do, the quicker it will become a habit. Think of ways to link activity to daily life. For example, you could schedule walking with a co-worker after lunch. Try not to go more than 2 days in a row without being active.
Steam whole head of cauliflower 15 to 20 minutes until tender.

Drain water from saucepan and transfer cauliflower to soufflé dish.

In small mixing bowl, combine mayonnaise and mustard. Spread on top of cauliflower. Dot with butter.

Sprinkle generously with Parmesan cheese.

Bake uncovered, for 15 minutes, or until the cheese is brown.

**Nutrition Facts:**
Makes 6 servings

<table>
<thead>
<tr>
<th>Amount per serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 120</td>
</tr>
<tr>
<td>Carbohydrates: -6</td>
</tr>
<tr>
<td>Fiber: 2</td>
</tr>
<tr>
<td>Protein: 4</td>
</tr>
<tr>
<td>Sodium: 185mg</td>
</tr>
</tbody>
</table>

**Ingredients:**

- 1 medium Cauliflower head 5 - 6"
- 3 tbsp Unsalted Butter
- 1 tbsp Mayonnaise
- 1 tsp Dijon Mustard
- 1/2 cup grated Parmesan cheese

**Directions:**

Preheat oven to 350°F.

Trim stem and green leaves from bottom of cauliflower head. Place in saucepan. Add 1" of water. Bring to boil. Cover.

Source: dLife.com