



CONTACT:
Jen Pribble
Marketing Communications Director
(603) 969-1301
jen@sdymca.org

FOR IMMEDIATE RELEASE

SOUTHERN DISTRICT YMCA WISHES A HEALTHIER THANKSGIVING FOR ALL Enjoy the Meal in Moderation and Plenty of Activity with Family and Friends.

November 25, 2014 (Exeter, NH) – Thanksgiving typically marks the start of the holiday season. A time filled with family, friends and tasty treats. It’s a time, too, when many abandon their commitment to healthy eating and exercise. This is a reminder to keep those goals alive throughout the year.

Eating well and getting moderate physical exercise can not only prevent the dreaded holiday weight gain, but these steps can also reduce stress and improve your mood. And, they can reduce your risk for heart disease, stroke and other chronic medical conditions like prediabetes and type 2 diabetes.

These conditions are on the rise. New statistics from the Centers for Disease Control and Prevention (CDC) show that 86 million people in the U.S. now have prediabetes. Without weight loss and moderate physical activity, 15-30% of those people will develop type 2 diabetes within five years.

Alex Scott, Founder of the National Diabetes Research Foundation, offers some tips for everyone this Thanksgiving and holiday season, “Although we may overindulge during the holidays, there are some really easy things we can all do to stay healthy and prevent diabetes: enjoy sweets in moderation, drink plenty of fluids and get physical activity. Staying hydrated regulates organ function. And, exercising helps keep your weight, mood and appetite in check so you can get the most out of the holidays with your loved ones.”

Kimberly Meyer, Director of Operations at Southern District YMCA, adds, “Exercising doesn’t have to be another task on your to-do list. There are a lot of fun things you can do on your own or with your family: take a brisk walk, play on the playground, dance in your living room or play in the much-anticipated snow. Incorporating physical activity into your daily routine is a very positive step to a healthier lifestyle.”

Because November is National Diabetes Awareness Month, Southern District YMCA and National Diabetes Research Foundation are encouraging community members to understand their risks for prediabetes and type 2 diabetes and take steps to prevent the disease. Take a quick online assessment to learn your risk at <http://www.ymca.net/diabetes-prevention> and talk with your healthcare provider.