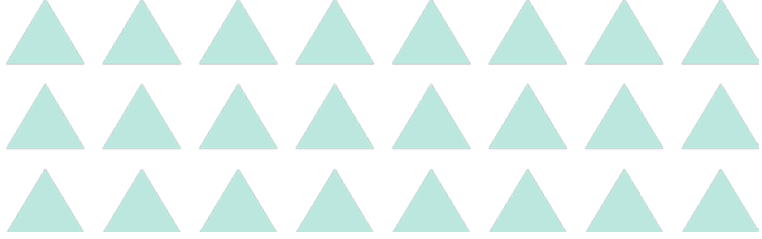


CRUSH

Diabetes

Physical Activity



Fact or Fiction?

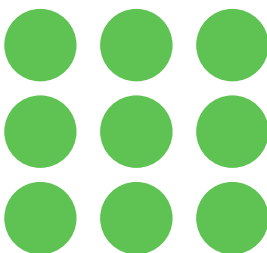
Regular physical activity is only important for people with diabetes.



Why be Physically Active?



- Improves self-esteem and mood
- Helps prevent chronic disease
- Encourages bonding with family members and friends
- Builds strong bones and muscles
- Promotes a healthy weight
- Promotes life-long wellness and health



Physical Activities That Matter



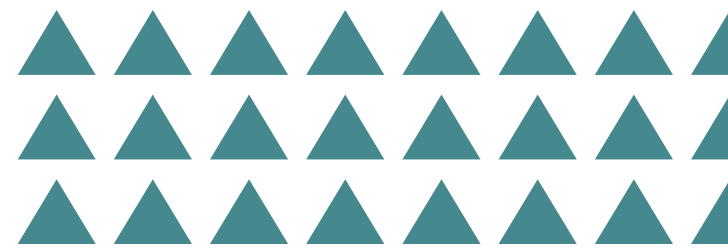
Dean – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>



Physical Activity Guidelines

- 60 minutes or more of moderate to vigorous activity daily
- Aerobic - Most of the 60 minutes
- Muscle-strengthening - As part of aerobic activity/3 days a week
- Bone-strengthening - As part of aerobic activity/3 days a week



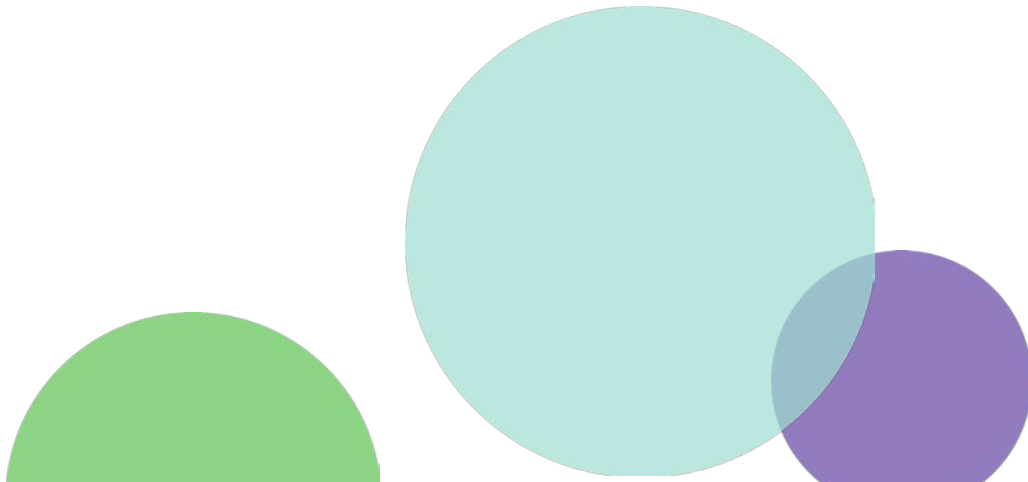


Danielle – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>

Do Something You Enjoy and Get More Activity Throughout the Day

- Take the stairs
- Ride your bike to school
- Help with chores
- Take your dog for a walk
- Be more aware of moving throughout the day





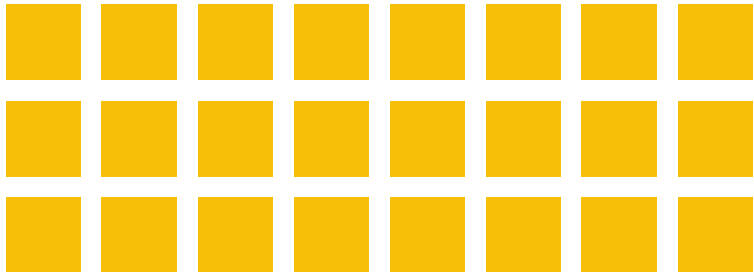
What if You Don't Have Exercise Equipment?



- If you don't have dumbbells – Use soup cans or fill an empty laundry detergent bottle with water or soil
- If you don't have a stairs – Walk in place
- If you don't have bands – Use an old shirt or stretchy pants
- ***Always start with a small amount of weight and work your way up***

Can any of you think of other alternatives?





Fact or Fiction?

Water is the best way to hydrate before practice
or game day.



Meal Timing on Game Day

- Need 2-3 hours to digest a larger meal before event
- Small snack – can be eaten 30 minutes before event
 - Granola bar
 - String cheese
 - Vegetable or fruit
- Recovery – Balanced meal or protein and carbohydrate rich snack
 - Sweet potato with grilled chicken and vegetables
 - Glass of low-fat milk
 - Peanut butter toast with whole grain bread



Sara – Nutrition College Student

<https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources>

Sports Nutrition

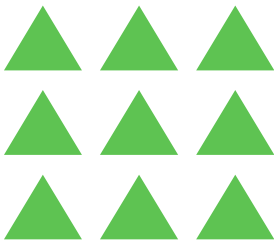
- Should be an extension of an overall healthy diet
- Carbohydrates – Important for energy
 - Whole grain crackers or bread
 - Pasta
 - Potatoes
- Protein – Try to incorporate with every meal and snack
 - Eggs or dairy products
 - Deli meat
 - Beans or tofu
 - Chicken, turkey or fish

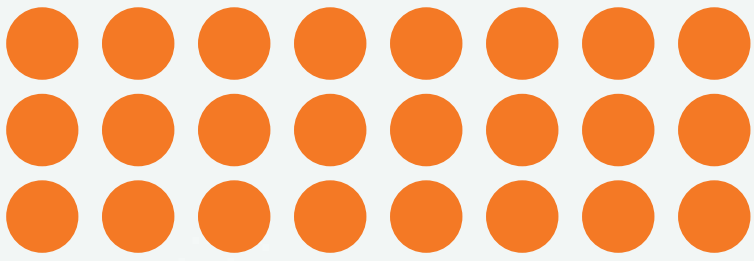


Basic Hydration Guidelines



- Hydration – Should begin early in the day
 - Drink plenty of water 2-3 hours before sporting event
 - During Game – ½ cup every 15 minutes
 - Post-Game – Hydrate for sweat loss
- 60 minutes or more of activity – May need to drink a sports drink with carbohydrates and electrolytes



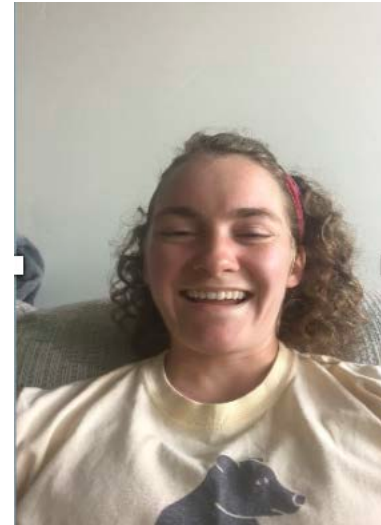


Fact or Fiction?

Nutritional Supplements are a better option
for nutrients than actual food.

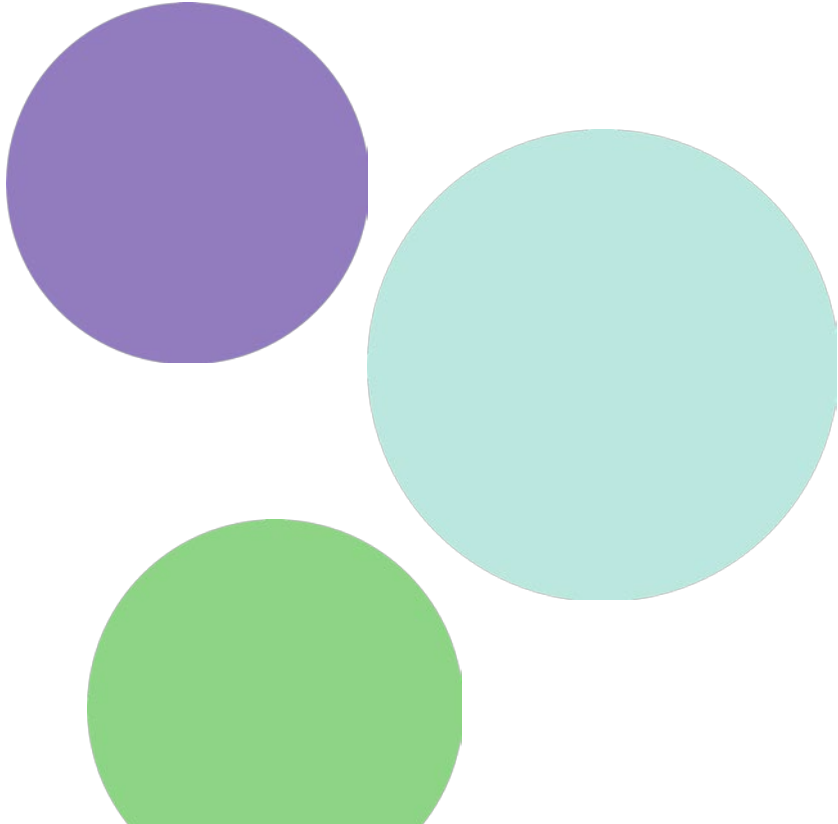


Nutritional Supplements



Hannah – Nutrition College Student

[https://health.utah.edu/nutrition-integrative-physiology/
community-outreach/utah-center-community-nutrition/
clinical-nutrition-resources](https://health.utah.edu/nutrition-integrative-physiology/community-outreach/utah-center-community-nutrition/clinical-nutrition-resources)





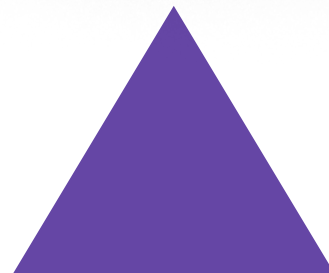
Take Home Message

- Regular physical activity promotes lifelong wellness and health
- You do not have to go to the gym or play a sport to be physically active
- Sports nutrition should be an extension of an overall healthy diet
- It is better to eat whole foods rather than taking supplements



Discussion Questions

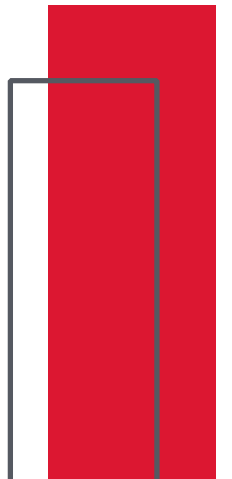
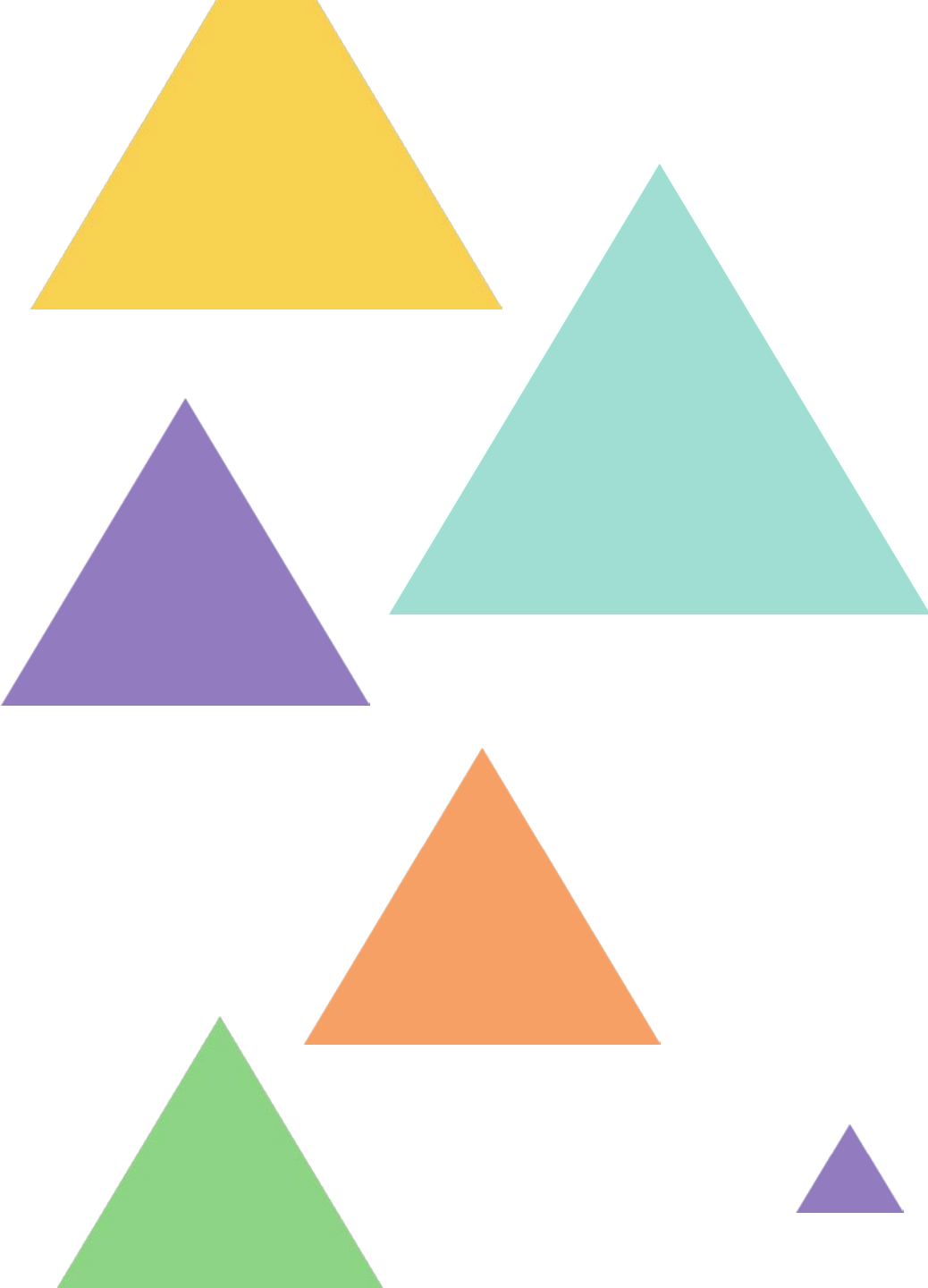
- How many minutes of daily moderate to vigorous aerobic activity are recommended?
- What are the health benefits of regular physical activity?
- When may it be necessary to consume a sports drink?
- Why is it better to consume actual food instead of a supplement?



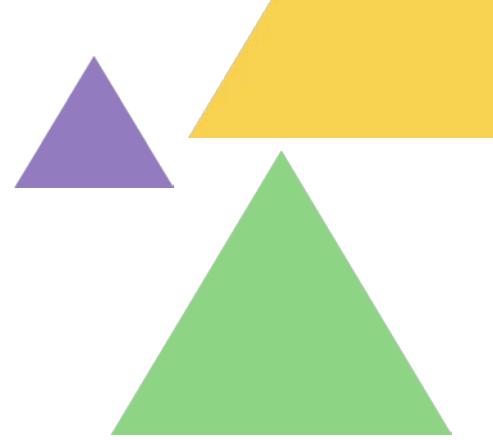
Choose 1 Activity



- Create 1-2 Physical Activity Based SMART goals
- Being an active family
- Play sports? Write a meal plan for game day
- Supplement Fact Sheet
- More movement – less screen time



References



Activity Conversion Chart (2020). Retrieved from <https://earlham.edu/media/3049229/activityconversionchart.pdf>

All the sources from the current Crush Diabetes curriculum

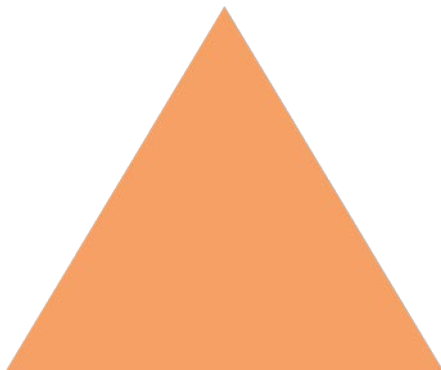
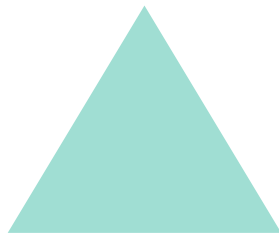
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<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm#:~:text=Regular%20physical%20activity%20can%20help,Heart%20di%20sease.>

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KidsHealth (2015). Feeding Your Child Athlete. Retrieved from <https://kidshealth.org/en/parents/feed-child-athlete.html>

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