

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

Diabetic Living · 17 Dec 2020 · 124

PROTECT YOUR HEART



According to Heart Research Australia, the leading single cause of death in Australia is heart disease – killing one Aussie every 28 minutes. And for those living with diabetes, you are up to four times more likely to experience heart attacks and strokes. It has been found that diabetes has the ability to change the chemical makeup of certain substances

GROUND YOURSELF

There's no better feeling than feeling the sand between your toes or frolicking on the grass barefoot, and there's a reason behind it. This simple act takes you back to your childhood, to a time where you simply enjoyed being outdoors; but it also helps you to reconnect and centre yourself. This notion – known as 'grounding' or 'earthing' – exposes your bare skin to soil, grass, sand or concrete, and allows the Earth's negative ions to discharge any of the positive ions or free radicals (atoms that can cause damage your cells) you've picked up through everyday activities. Yes, that's right, the direct connection with Earth can help heal you.

Scientists and researchers have also found the benefits of grounding include improvement to cardiovascular health, lowered stress, anxiety, depression, pain and inflammation levels, and enhances sleep. In the blood increasing the risk of heart disease due to narrowed or clogged blood vessels.

There are some simple things you can do to look after your heart, including regular physical activity, reducing high blood pressure, eating well nutritionally, not smoking, managing blood fats and losing weight (if overweight). But, the most important thing is to discuss with your doctor and/or credentialled diabetes educator what your individual risk factor is and how to reduce the risk.

DAILY DOSE OF VIT D

After spending most of the year confined to your own four walls – although we are hoping you went outside for some fresh air and a walk each day – it is more important now as we go into the warmer, sunnier months to get outdoors. While, we trust that you will follow your state/ territory's COVID safety guidelines, being outdoors can be as simple as sitting in your backyard or on your balcony, a walk around the local park or a trip to the beach. No matter what you choose, it is vital that you safely expose your skin to the sun's rays to absorb some natural vitamin D.

Not only does it play an important role in maintaining the health and strength of your teeth, bones and joints, but vitamin D also supports the immune system, strengthens muscles, decreases depression, and more! Before you step outside for a daily dose, be sure to slip, slop and slap!

NEW YEAR, NEW YOU

The horrid year of 2020 is almost over, but let's not get too excited and jinx 2021... Instead take a moment to appreciate the wins that you accomplished this year – perhaps you finally got a new job or you kept a plant alive during lockdown. No matter how big or small, accept your achievement. Knowing what achievements have been made, use these to outline your goals for the new year.

Remember to make them SMART (Specific, Measurable, Achievable, Relevant, and Time bound).

Once you've decided on your goals, write them out and place them somewhere visible for you to see daily (i.e. on the fridge or bathroom mirror). Also be sure to tell someone (your partner, trusted friend, or maybe someone who also wants to be held accountable) what your goals and time frame are, and ask them to keep you accountable. Remember to revisit your goals every few weeks and track your progress. Don't give up on them! Starting is the hardest part.

32

58

77 34

77

Pepper & lemon spaghetti with basil & pine nuts

Smashed cannellini bean tartine

Tropical berry smash

Zucchini, leek & goat's cheese soup

60-second lunch

40

62

46

62

19

41

44

38

Smashed chicken with corn slaw

Smokey sweet potato salad bowl

Spaghetti puttanesca with red beans & spinach

Spicy Indian stir-fried prawns

Steak, rocket and bean salad

Steamed trout with mint & dill dressing

Summer egg salad with basil & peas

Swedish meatballs with beetroot and apple salad

The only dedicated lifestyle brand serving the needs of people living with diabetes With over 40 great tasting recipes, tested and approved by an accredited dietician to your home or office