

Diabetes Causes W Alum to Take Control of Her Health

Mary Chism is a wife, mother, grandmother, and a retired school teacher who can often be seen on the W's campus. She is an alumna of the W and graduated in 1998 with a degree in elementary education. She actively participates in the Life Enrichment Program here on campus and is currently a water aerobics instructor for the program. While she frequently makes efforts to stay active and keep moving, this was not always the case. One year ago she was diagnosed with Type 2 diabetes. The treatment for this type of diabetes is mainly diet and exercise, and this instigated the lifestyle change that resulted in a 60 pound weight loss over the course of only one year.

Mary's diagnosis came as a surprise to her since she was so active when she was young. Her life revolved around sports and activity before she got married and became a teacher. After she started teaching, she threw herself into her job and spent more of her time caring for her students than herself. As she cared for her family and students and focused less on herself, she became overweight. She believes her poor diet and weight gain were key contributors to her diabetes. She was also recently diagnosed with degenerative scoliosis and struggles with arthritis in her knees, neck, and back. While all these factors may be discouraging to some, this encouraged Mary to radically change her lifestyle and take control of her health.

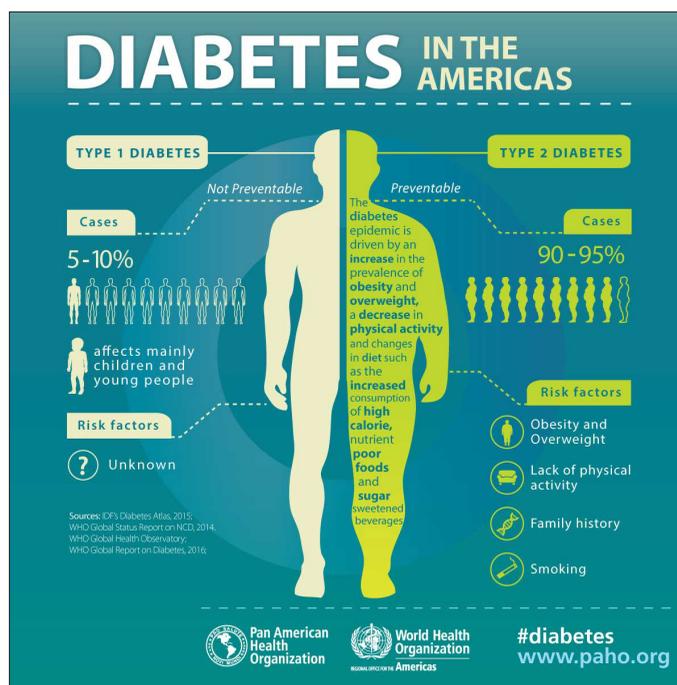
After she retired, she often sat at home bored with nothing to do and ate candy from a dish beside her chair. The LEP classes encouraged her to get out of the house more and influenced a lifestyle change. When she started getting out of the house more and seeing her friends, her attitude changed and she found herself enjoying life more. She says, "The LEP classes were a big help in getting on track physically." Mary absolutely loves the pool, and she loves water exercises because she says, "Things I can't do on the ground, I can do in the pool." She expressed that she would like to walk more but that it is hard on her joints due to her arthritis. Water

aerobics is the perfect solution for her because there is little to no impact on her joints. She also attends therapy once a week for her back. The addition of exercise to her lifestyle had a positive impact, but Mary states, "The main factor in my success was the diet change."

First, she replaced her dish of candy with a jar of pecans, walnuts, and craisins. Instead of giving up pasta, bread, potatoes, and rice altogether, Mary simply replaced them with healthier options like vegetable pasta, wheat bread, sweet potatoes, and brown rice. She has

also cut out refined sugar from her diet. For example, she says, "I have not had a donut in over a year." While cutting out junk foods sounds impossible, she makes it manageable by taking a bite of her husband's dessert every once in awhile. Mary expressed, "Once I started seeing how quickly I was losing weight because of my diet change, I decided to just stick to my diet for the most part." Now, she says she continues to lose a pound every couple of weeks. Every November, the country observes National Diabetes Month to bring attention to diabetes and its impact on millions of lives. 1 in 10 people in America have diabetes, which is one of the leading causes of disability and death in the United States.

Diabetes can cause blindness, kidney disease, nerve damage, and other problems if it isn't controlled. Obesity and a sedentary lifestyle are the main risk factors, and other risks include a diet heavily reliant on processed foods, having high blood pressure, smoking, and having a history of heart disease. Reducing the risk of diabetes can start with small changes like taking the stairs instead of taking the elevator. Scheduling regular check-ups and speaking with health care professionals can also reduce the chances of developing diabetes. Those that do have diabetes can know that it isn't impossible to manage the challenges of everyday life. Whether one is living with diabetes, knows someone who is, or is raising awareness to prevent diabetes, anyone can make a difference and help reduce the risks of developing the disease.



Powerhouse

Powerhouse is a Pilates inspired workout to achieve optimal full body strength and flexibility while using the core to increase agility and mobility. **Classes are Wednesdays at 4:15 PM - 5:00 PM**



The HUNDRED

Begin pumping arms vigorously inhaling for 5 counts and exhaling for 5 counts.
For more of a challenge, extend legs out to 45-degree angle keeping a neutral pelvis.



Single Leg Stretch

Bringing one knee into chest and extending the other, switch legs keeping straight leg at a 45-degree angle.

Roasted Butternut Squash Soup



- 2 pound butternut squash, peeled, seeded and diced into 2-inch pieces
- 4 medium shallots, peeled and left whole
- 2 tablespoons extra-virgin olive oil
- Salt & pepper to taste
- 2 ounces bacon, diced
- 1 cup diced leeks, white part only
- 1/3 cup finely diced carrots
- 1/3 cup finely diced celery
- 1 clove garlic, minced
- 1 teaspoon finely chopped sage
- 2 quarts reduced sodium chicken or vegetable stock, divided
- 2 teaspoons maple syrup, or to taste

1. Preheat oven to 425F degrees. Line a baking sheet with foil.
2. Place the butternut squash, shallots and 2 tablespoons of the olive oil in a medium mixing bowl. Season generously with salt and pepper, tossing to evenly coat with the oil.
3. Spread the squash and shallots evenly onto the lined baking sheet. Roast until the squash and shallots are tender when pierced with a skewer or the tip of a small knife, about 30 minutes. Remove from the oven and set aside until needed.
4. Heat a large sauce pan over medium heat; add the bacon and cook, stirring, until the fat has rendered and the bacon is crisp. Remove from the heat, then use a slotted spoon to transfer the pancetta to a paper towel-lined plate; set aside until needed.
5. Return the sauce pan to the heat and add the leeks, carrots and celery. Cook, stirring occasionally, until the vegetables are soft, but not browned, about 5 to 7 minutes. Add the garlic and sage and cook, stirring, until very fragrant, about 1 minute more. Add 1 tablespoon of the stock to deglaze the pan, scraping up any browned bits from the bottom of the pan. Cook until the stock is evaporated, add remaining stock.
6. Add the squash, shallots and maple syrup to the pan; bring the stock to a boil. Reduce heat and simmer for 30 minutes. Puree soup with an immersion blender or in the blender.
7. Taste and adjust seasoning with salt, pepper, and maple syrup. Garnish each bowl with bacon.

Yield: 8 servings Nutrition Info per serving: 88 calories, 18g carbohydrates, 2g fat, 2g protein

Living W Well
Co-Editors:

Elizabeth Fain
Junior Biology major, Caledonia, MS

Shelby Dickerson
Junior Speech-Language Pathology major, Booneville, MS