

# Did You Know?



**1/10** people worldwide are affected by diabetes so early detection and management are crucial

## Understanding Diabetes

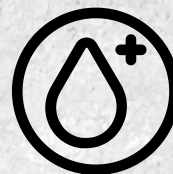
Every November, communities around the world come together to raise awareness about diabetes, a condition that affects millions of people globally. At Healthkick, we believe that awareness is the first step towards prevention and management. This month, we aim to shed light on the importance of understanding diabetes, its impact on total wellness, and how each one of us can play a role in fostering a healthier, more informed community. Join us as we delve into actionable tips, valuable resources, and holistic approaches to combat this prevalent health concern.

Diabetes is a group of diseases where the body can't regulate blood sugar levels. There are two main types: Type 1 and Type 2 with Type 2 being the most common.



**TYPE 01**

An autoimmune condition where the body's immune system attacks and destroys insulin-producing cells in the pancreas. As a result, the body produces little to no insulin.



**TYPE 02**

The body either resists the effects of insulin — a hormone that regulates the movement of sugar into cells — or doesn't produce enough insulin to maintain normal glucose levels

For more diabetes resources, support, and ways to join the fight to end diabetes visit the [American Diabetes Association](#)

# Total Wellness and Diabetes

By intertwining the principles of total wellness with actionable steps, employees can lead a more balanced, healthy, and fulfilling professional life, effectively managing or preventing diabetes. Below are actionable strategies to integrate holistic wellness into your daily routine.

## Physical Wellness & Activity

- **Why it matters:** Regular exercise aids in regulating blood sugar levels, strengthening the cardiovascular system, and enhancing mood. It allows insulin to work more efficiently, crucial for those with diabetes.
- **Actionable Tip:** Stay active. Incorporate movement breaks every hour, even if it's just a short walk or desk stretches.
- **Inspiration:** Explore [ClassPass](#) for a variety of fitness and wellness activities or try [Melissa Wood Health](#) for low impact movement virtually.

## Nutritional Wellness

- **Why it matters:** A well-balanced diet can help maintain steady blood sugar levels, reducing the risk of type 2 diabetes.
- **Actionable Tip:** Eat whole foods and limit refined carbs and sugary drinks. Keep a stash of healthy snacks like nuts or seeds in your drawer.
- **Inspiration:** Connect with [Husk Nutrition](#) for personalized meal planning and advice or work with coach [Lindsay Kaszuba Health](#) on simple and sustainable ways to eat healthy.

## Emotional & Stress Management

- **Why it matters:** Mental well-being directly impacts blood sugar levels. It's not just about handling stress, but also ensuring emotional balance and a support system.
- **Actionable Tip:** Utilize techniques like deep breathing, yoga, or meditation during breaks. Communicate with HR or trusted colleagues for added support.
- **Inspiration:** Check out HealthKick's [Thrive partners](#) to explore mindfulness sessions or book a virtual breathwork or yoga session right from the comfort of your home.

## Regular Health Monitoring

- **Why it matters:** Health testing and regular check-ups ensure timely detection and management, preventing complications.
- **Actionable Tip:** Monitor blood sugar levels frequently and consult with healthcare providers.
- **Inspiration:** Use [Garmin's](#) smartwatch to monitor glucose levels even while working out, or make a telehealth check-up appointment easily with [Uberdoc](#)

# Navigating Diabetes in the Workplace

While it's unusual for diabetes to restrict occupation or job choices, the major challenges experienced by people working a typical nine-to-five revolve around maintaining dietary and exercise plans to keep blood sugar at a healthy level. Balancing work commitments with diabetes management can feel overwhelming. Here are some strategies to ease this journey.

## → Scheduled Breaks

Set reminders to take short breaks. Use this time to stretch, have a healthy snack, or check your blood sugar levels.

## → Desk Exercises

Incorporate simple desk exercises into your routine. This can help in ensuring you remain active, even on busy days.

## → Meal Prepping

Dedicate some time during the weekend for meal prepping. This ensures you have diabetes-friendly meals ready for the work week.

## → Open Communication

If comfortable, keep your immediate team or manager informed. They can support you in creating a conducive work environment.

## → Utilize Resources

Make the most of wellness programs like Healthkick to stay on top of your health and wellness journey at work.

Remember, a supportive work environment, combined with personal commitment, can make managing diabetes at work less daunting. Join us in cultivating a healthier lifestyle this Diabetes Awareness Month. Together, we can make a difference!

## Health and Wellness Partners to Support You



[Activate your HealthKick account today!](#)

[www.health-kick.com](http://www.health-kick.com)