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# POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

## Pre-Diabetes and Type 2 Diabetes

Diabetes is no longer a disease that we don't understand and depend on doctors to explain. Its prevalence has made information easily accessible and almost impossible to avoid. The term, pre-diabetes, is now becoming a household name as well. There is a difference, scientifically, but from a lifestyle aspect, there is no difference.

Pre-diabetes is precisely what the term implies. One is pre-diabetic when all signs point to the inevitability of developing diabetes. Looking at the numbers, one is said to be pre-diabetic when fasting blood glucose is 100-125mM. Type 2 diabetes is diagnosed with measurements over 125mM. The numbers are simply semantics that point to a bigger issue, lifestyle. Those of us who are pre-diabetic can, for the most part, make lifestyle choices to reverse the trend. This is no news flash. As mentioned before, information on diabetes and preventative steps to take is easily accessed. It is up to each individual to take the proper steps to prevention.

Although diabetes prevention is preached, it is like most things.....easier said than done. There are some interesting correlations and facts about diabetes that we can focus on when taking steps to prevention.

1. There is a direct correlation between obesity, consuming high sugar foods and drinks, and Type 2 diabetes. No kidding, you say? That is as simple as 2 + 2, you say? The fact of the matter is no matter how simple this correlation is, we still have an obesity problem in America. A major issue is portion size with meals. Here's some food for

thought.....one, 32oz soda from your favorite gas station stop contains about 400 calories. That's just the drink, folks. Now, combine that with the hot dog and chips and you are looking at about half of your recommended calorie intake for the day. Think about that the next time you are meal planning.

2. Physical activity will help prevent diabetes through controlling blood sugar levels and increasing insulin sensitivity. We all know exercise is important for weight management. The interesting thing about exercise is that its blood sugar benefits reduce risk independent of weight loss. In other words being active and not losing a pound still reduces risk for diabetes.
3. Approximately one-third of all people with diabetes do not know they have it. This is pretty astonishing. Millions of Americans are currently diabetic and are unaware of it. Also, men are more likely to develop Type 2 diabetes. These go hand in hand in that the easiest way to avoid this, of course, is to get your yearly checkup. The reason men are at higher risk is because they visit the doctor less and avoid checkups. Getting regular checkups and finding out that you are at risk for diabetes could trigger preventative measures.

Whether you are pre-diabetic, diabetic, or neither, lifestyle choices remain the most important aspect of controlling blood sugar levels. Type 2 diabetes is one of the most avoidable diseases that will not only affect your quality of life, but can hit the pocketbook hard as well. You have a choice!



## Ballwin Race Series

### Ballwin Triathlon

300yd swim/9m bike/3.4m run  
Day : Sunday  
Date: July 16  
Time: 6:45am (first heat)  
Fee: \$30(\$40 after June 25)  
Location: North Pointe

### Conquer Castlewood

Canoe, bike, and run through  
Castlewood State Park in this team  
adventure race.  
Day : Sunday  
Date: August 13  
Time: 8am  
Fee: \$40(\$50 after July 23) per  
person  
Location: Castlewood State Park



## Pointe Member of the Month

This monthly program is designed to acknowledge all the hard work that is happening every day at The Pointe at Ballwin Commons. It is also meant to encourage and inspire our members to continue accomplishing their goals. If you know someone who works especially hard or has a great attitude, nominate them by filling out a form at The Pointe's front desk, or email Kirsten at [khochstetler@ballwin.mo.us](mailto:khochstetler@ballwin.mo.us).

The Pointe is excited to recognize Kelsey Arends as July's Member of the Month. Congratulations!  
<http://www.ballwin.mo.us/Departments/Parks-and-Recreation/The-Pointe-at-Ballwin-Commons/Newsletter-and-Info/>

## Upcoming Pointe programs!

### Tumbling Tykes

Days: Mondays  
Dates: July 24-August 28  
Time: 6:30-7:15pm  
Fee: VIP-\$34 Reg-\$44  
Age: 4-6

### Basic Training

This 24-class program is sure to get your workout routine kickstarted!  
Days: Mondays-Thursdays  
Dates: August 7-September 14  
Time: 5:45-6:45am  
Fee: VIP-\$129 Reg-\$149  
Age: 14+

### Taekwondo

Taekwondo classes are offered for beginner and intermediate students.  
Days: Wednesdays  
Dates: August 9-September 13  
Time: Beg-6:30-7:30pm  
Int-7:30-8:30pm  
Fee: VIP-\$54 Reg-\$78  
Age: 6 and up, including adults

## Spinach-Stuffed Steak Roulades

1/2 pound flank steak	2 tablespoons olive oil
1/4 cup olive tapenade	1 tablespoon red wine vinegar
2 cups spinach, thick stems removed	1 teaspoon Dijon mustard
Salt and Pepper	6 cups mixed greens

1. Heat grill to medium-high. Cut steak in half horizontally (don't cut all the way through) and open like a book.
2. Spread the tapenade over the steak; top with the spinach. Roll up; tie with twine at 2 inch intervals. Season with salt and pepper.
3. Grill the steak, covered, turning occasionally, 15 to 18 minutes for medium rare. Let rest for at least 5 minutes before slicing.
4. Meanwhile, in a large bowl, whisk together the oil, vinegar, mustard, and salt and pepper. Add the greens and toss. Serve with steak.

4 Servings

Calories: 215, Fat: 15g, Protein: 14g, Carbs: 7g

