

Small Steppers Cook Up a Low Carb Storm



DECEMBER 3rd, 2019, marked the first Pot Luck get-together for the Small Steps for Big Changes group. Hosted by the Diabetes Prevention Research Group at the University of British Columbia, a dozen participants and alumni met to share a meal and exchange ideas on low sugar, low carb recipes.

Using the experimental kitchen and community engagement room in the Upper Campus Health Building, the group made home-made chili to gluten-free brownies and everything in between. It was a feast enjoyed by all!

As we're bringing in a new year, with new resolutions, we wanted to share some of the recipes that were provided at the potluck event (see right).

YMCA HEALTH ASSESSMENT DAYS

Join us for a free 45 min health assessment that measures blood pressure, cardiovascular health, balance, agility and more, which can contribute to your overall health and prevent the risk of disease, like type 2 diabetes. Snacks will be provided! Call the numbers below to register.

Senior Health Assessment Day (50+): Mar. 13 8am-1pm at Kelowna Family YMCA
250-491-9622 ext. 211

Adult Health Assessment Day (18+): Mar. 22 8am-12pm at H2O Adventure + Fitness Centre
250-491-9622 ext. 426

MELODY'S LAZY CABBAGE ROLLS

- 1 cup pearl rice
- 2 cups cold water
- 1 tsp salt
- 1 quart of sour kraut (rinse)
- 1 medium onion, chopped
- 1 lb of bacon chopped OR 1/2 lb bacon and 1 cup diced double smoked sausage
- 3-4 cloves of roasted garlic

Directions

1. Rinse rice, add to water & salt and boil for 5 min
2. Remove from heat and cover for 5 min
3. Fry bacon, remove from pan, and add onions and garlic - cook slightly
4. Mix everything together.
5. Starting with sourkraut, layer into a casserole dish or roasting pan with lid. Bake @ 250°C for 40 min.

NORA'S MEDITERRANEAN LEEK SALAD

- 2 cups of sliced leeks
- 2 small tomatoes, quartered
- 1/2 English cucumber, quartered
- 1/4 cup of sliced black olives
- 2 tbsp apple cider vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp crumbled feta cheese

DRESSING:

- Juice of half a lemon
- 1 tsp dry Italian seasoning, salt & pepper to taste

Directions

1. Combine all ingredients, toss with dressing and top with feta cheese.

SAVE THE DATES

Join us on Jan. 28 and Feb. 25 at the Downtown YMCA for a two-part in-person series where guests, Drs. Johnathan Little and Barbara Oliveira, University of British Columbia employees and experts in type 2 diabetes and nutrition, will debunk fad diets and provide nutritional strategies on low carb diets. Come prepared with questions! There is limited seating. Please RSVP: lghourston@gmail.com

Fad Diets: Do They Really Work?

Fad diets are designed to promise rapid weight loss and tend to include a short-term nutritional change. Fad diets are popular in the media, yet are usually based on limited or no research. This lack of information can cause high failure rates for individuals seeking weight loss as an outcome, resulting in 'yo-yo dieting' effects and tendencies. Within the Diabetes Prevention Group, we work toward creating diet and exercise changes that suit your needs and lifestyle rather than conforming to a specific diet. If you're interested in learning more about Fad Diets [click here](#).

At the Y—Jason Nijjar



Meet JASON, an enthusiastic YMCA coach who is delivering Small Steps for Big Changes (SSBC)!

I: What is the most rewarding part of delivering SSBC?

J: For me, the reward is in the process, being a part of a person's journey and having the honour of being present when they have their breakthrough moments. Watching them grow from being unsure about how to make changes in their lives to having the confidence to make a plan and stick with it, using the information they have learned is so rewarding.

I: Do you have any advice for participants in Small Steps for Big Changes to stay motivated and active?

J: Stick with it and trust that you will see a difference if you commit to your process. What you learn about why you are making lifestyle changes will eventually become the motivation for what you are doing; the way you feel becomes your reward!

I: What is your favourite topic to discuss with participants?

J: I like to dive into topics around physical sensations when exercising. I started my fitness journey weighing nearly 300lbs and got myself to a place where I can go on 20km runs, often reciting the mantra of "hard work & dedication" with every step. I got myself to this point by embracing the sensations around exercise and I feel as though I am able to connect with people on this topic. I help clients understand what they are feeling and how to navigate these sensations in a way that works for them. This topic comes up in every session and this lends to me being able to dive deeper into it with every meeting.

I: How has Small Steps for Big Changes played a role in your life (if at all)?

J: Small Steps has motivated me to take a more active role in the lives of some of my relatives. With a history of diabetes in the family, I find myself connecting with family members and helping them make better choices for themselves when I am back home. I believe that the main use of learning something is so that we may share it with others along our path and SSBC has given me another avenue with which to teach.

Recipe

Thai Chicken Salad with Peanut Dressing



Provided by Adriane Long, Health and Fitness Supervisor at YMCA Okanagan

DRESSING INGREDIENTS

- 2 tbspc creamy peanut butter
- 1 tbspc rice vinegar
- 1 tbspc honey
- 2 tsp water
- 2 tsp soy sauce
- 1/2 tbspc sugar
- 1 tbspc sesame oil

***whisk together ingredients until smooth & set aside.**

SALAD INGREDIENTS

- 3 cups green cabbage, thinly sliced
- 1 cup red cabbage, thinly sliced
- 1 cup carrots, shredded
- 1 cup cooked boneless, skinless chicken breasts (chopped or shredded)
- 1/2 cup red bell peppers, julienned
- 3 green onion stalks, finely sliced
- 3/4 cup edamame
- 1/2 cup peanuts, lightly crushed
- Optional: chopped cilantro or parsley for garnish

***Toss together in a large bowl & add garnish. Drizzle with dressing & enjoy!**

WEEKLY WALKING GROUP

Head to a new trail each week, followed by a visit to a local coffee shop. A great way to stay active and supported! Keep informed via our **social media avenues** or email Lois at lghourston@gmail.com.

MONTHLY MEETINGS

Anyone is welcome to join the monthly meetings held on the last Tuesday of every month from 6-7 PM at the Downtown YMCA (1011-505 Doyle Ave)! This is a chance for current Small Steppers and alumni to share experiences, learn from each other, and even engage in a cooking class!

GET IN TOUCH

- <http://dprg.ok.ubc.ca/>
- @DPRGUBC
- smallstepsbc
- Small Steps for Big Changes



Remember to LIKE our new Facebook Page: [Small Steps for Big Changes](#)