

## Small Steps is Hitting the Screen!

THE DIABETES PREVENTION RESEARCH GROUP at UBC is working with the YMCA on their free online platform, YMCA at Home ([www.ymcahome.ca/](http://www.ymcahome.ca/)), to provide video content about how people can stick with their diet and exercise behaviour change goals and continue to reduce their risk of developing type 2 diabetes. The YMCA at Home platform aims to connect people with their favourite YMCA programs and activities from the comfort of their own home. The Small Steps for Big Changes video series will be featured in the YHealth stream and will take you through important elements in the behaviour change process and encourage personal reflection along the way. The videos will include key tips around goal setting, understanding sugars and carbohydrates within



your diet, preventing slips, getting your heart rate up with high intensity interval training exercise, and recognizing the importance of self-kindness throughout the journey. Whether an interested Small Steps client or a seasoned alumni, these videos can be useful for everyone who wants to make healthy choices. The team is excited to provide helpful tools and work to expand the reach of the program virtually during this time. Please stay tuned for the release of these videos in the near future.



### Re-Opening the YMCAs of Okanagan: A Message from Karlene Sewell

We reopened our health and fitness centres on June 29th. We are thrilled to welcome our Y community members back! Our phased reopening begins with fitness spaces and limited group fitness classes. To attain physical distancing, some equipment has been removed or blocked off, but we have ensured alternate equivalent options are available. You will not need to pre-book your time to use the fitness centre as we don't anticipate reaching our capacity very often. We hope to re-open the pools in early August. For more information and ongoing updates, please visit our [Frequently Asked Questions \(FAQ\) page](#) of our website.

# SSBC Spotlight — Dave Olson

Dave engaged in SSBC in February 2018

## Tell me about your SSBC experiences.

I was skeptical when I started the program. I knew my A1C numbers weren't the best, but I always thought I was pretty healthy. I probably gave my advisor a bit of a rough time, but Tineke was really patient and encouraging. Every session ended with her encouraging me to set a goal to achieve. Since I'm goal oriented and good at doing what I'm told, it was a good strategy. One thing I did that really helped me was I committed to doing cardio 7 days a week instead of 5. Right from the first day I set a weight goal and I was surprised at how quickly I started seeing results.

## What motivates you to stay active and engaged in healthy habits?

I get a lot of compliments on how good I look now and that's a motivator. I get really excited about my doctors' checkups and look forward to hearing him say how good my numbers are. But really, the biggest thing is being able to get out and spend active time with my kids and grandkids.

## What strategies have worked well for you to maintain your healthy behaviours?

I continue to use HealthWatch 360 to track my food. It feels great to get a 80+ score every day. I track my weight, body fat percentage and blood pressure



every morning. My wife and I both have a membership at H2O and that's been a great motivator as well. I'm finally at the place where I enjoy the endorphin rush from working out too.

## If you could give one piece of advice to those who are enrolled in SSBC, what would it be?

Plan in advance to celebrate some intermediate goals. When I hit one of my first weight goals, I treated myself to a new gym bag. It wasn't much but it was worth working for.



## RECPIE

### Palak Paneer



## INGREDIENTS

- Spinach leaves (1, 500g bunch; after blanching & squeezing it becomes 130gms)
- Oil - 1 1/2 tbsp
- Butter - 2 tbsp (optional)
- Cumin seeds - 1 tsp
- Garlic chopped - 3/4 tbsp
- Ginger chopped - 3/4 tbsp
- Green chilli chopped - 1
- Onion chopped - 1 medium
- Cumin powder - 1/2 tsp
- Chilli powder - 1 tsp
- Paneer cubes - 200 grams (or 1 pack)
- Salt - to taste
- Cream - 2-3 tbsp (optional)

## DIRECTIONS

1. In a pan, heat water and add spinach leaves
2. Take out after 1 min and add to ice cold water
3. Squeeze out water. In a mixer, add spinach leaves and some water. Blend into a fine puree
4. In a pan, add oil & butter. Add cumin seeds, chopped garlic and cook until garlic browns. Then add chili, ginger, chopped onion and cook for 2-3 min
5. Add in spinach puree
6. Add in salt, cumin, chili powder and cook on medium for 5 min
7. Add paneer cubes and mix gently. Cook for 3-4 min.
8. Remove from heat and add cream to this (optional).

Provided by Gupreet Kaur, Diabetes Prevention Research Group

## UPDATE: WEEKLY WALKING GROUP RESUMES

Small Steppers, it's time to rejoin the walking and hiking group. Weekend and mid-week walks are announced regularly on our Facebook page and via e-mail. You'll love the various trails, greenways, and hills that we cover. We typically walk for an hour followed by the always-welcomed cup of coffee. As one of our regulars said recently: 'I come every week because I made a commitment and I love it'. Fellowship, companionship, laughs and a bit of sweat guaranteed. Contact Lois for details (lghourston@gmail.com)

## GET IN TOUCH

<http://dprg.ok.ubc.ca/>

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