



IN STRIDE

NEW VIRTUAL COACH TRAINING COMING!

Kaela Cranston, a PhD candidate with the Diabetes Prevention Research Group, shared exciting news about a virtual program to train new Small Steps for Big Changes coaches. This project, in which Kaela has played a crucial role, will help standardize coach training, solidify skills, and enable the program to train more coaches across regional areas. Virtual coach training, coupled with a new virtual intervention for participants (coming soon!) is an opportunity to transition the Small Steps for Big Changes program beyond the Okanagan region. It will allow bringing the program to more people who are at risk of developing type 2 diabetes, ensuring an inclusive and diverse atmosphere where everyone is welcome.

The new virtual training program for Small Steps for Big Changes coaches will allow the unique chance to train more coaches regardless of their geographic location, meaning more people across Canada will benefit from the Small Steps for Big Changes program from the safety of their homes. All coaches will receive accreditation upon completion, representing a benefit for their careers.



This new training course consists of 7 modules, which include lectures, demonstrations, fun activities, knowledge checks, and live group and one-on-one videoconferences with our senior health coaches.

INSIDER INSIGHT

Lois Hourston's experience in Small Steps for Big Changes

In these challenging times where patience, persistence, and resilience have been our best allies, but also where new exciting surprises with Small Steps for Big Changes are coming, we'd like to share the experience in the program for one of our past participants, Lois Hourston.

Tell us about your biggest highlight of Small Steps for Big Changes:

To my surprise, it has made me feel at home in Kelowna. I'm fairly new to the community and this got me a quick pass to establishing roots, friendships, and support networks. In the tv show 'Cheers' - it was where everybody knows your name. Same for me now, even just walking down the street.

How does Small Steps for Big Changes aid you in continuing a healthy lifestyle?

Through education. I am fully aware that if I take my eye off the goal, it wouldn't be long before I was in danger of becoming pre-diabetic again. The accountability is to me first, but also to the people who work very hard to give us this fantastic opportunity.

What's your biggest motivation to continue being healthy?

I'm very motivated to stay active and healthy in my later years. I see firsthand, the fabulous babes that work out at the Y and elsewhere. Seniors only in name, they outpace me at every turn, have a joyful time, and make friends everywhere.

What ways do you stay active now?

I walk about 60 km per month with my dog Ruby. She's very active so we hike around the small mountains surrounding us.



Any tips for your program mates?

Stick to the program, the results will show soon enough; quit weighing yourself - let the pros do it when they measure you; success equals a good A1C reading; lean on the others that are in, have finished, or deliver the program; finally, remember it's not a diet, it's a lifestyle choice. Heavy on the life part.



Did you know...

YMCA of Okanagan is now offering outdoor fitness classes at Kelowna Family YMCA, H2O Adventure + Fitness Centre, and Kelowna Downtown Y???

You can still keep enjoying your favourite online classes!

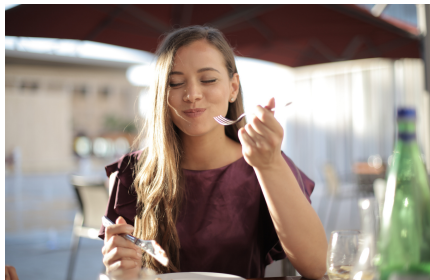
Look at their schedule [here](#).

Mindful Eating

Mindful eating is a powerful tool to help us:

- Become aware of internal and external factors related to eating.
- Improve our natural sensations of hunger and satiety.
- Control our automatic responses around food.

Mindfulness allows us to purposefully focus our full attention on the present moment, without judgment. It can be applied to our eating behaviours in different ways: appreciating our food (colour, flavour, texture, and smell) before consuming it, and by bringing our attention to the physical sensations in our mouths while eating. The key point is to eat consciously, avoiding distractions at mealtime.



Several studies have found benefits to a mindful eating practice. Mindful eating can regulate our dietary patterns and behaviours, assisting us in making better food choices. Moreover, studies among people with chronic conditions, such as type 1 and type 2 diabetes, have found that mindful eating contributes to reducing anxiety, and diabetes-related distress symptoms (i.e., depression and psychosocial stress). Some studies have also found that a mindful eating practice can lead to weight loss, abdominal fat reduction, and control over emotional cravings and bingeing.

You can find more information [here](#).

RECIPE: MUSHROOM CEVICHE



Ingredients

Measures for three portions

- 2 cups of mushrooms, cut into small pieces
- 1/2 purple onion, thinly sliced
- 2 tomatoes, cut into small cubes
- 1/2 cucumber, thinly sliced
- 1 avocado, cut into small cubes
- 1/2 cup coarsely chopped cilantro
- 1/3 cup lime juice
- 1/3 cup orange juice
- 1/3 cup extra-virgin olive oil
- 1 tsp sea salt
- 1 tsp pepper
- Low-carbohydrate toast (optional)

Directions

1. In a bowl, mix together the mushrooms, onion, tomatoes, cucumber, avocado, and cilantro.
2. In a separate small container, mix the lime juice, orange juice, extra-virgin olive oil, sea salt, and pepper.
3. Add the liquid mix to the bowl with all the solid ingredients and mix again.
4. Your ceviche is ready. Serve with some low carbohydrate toast if you wish.

You can find different variations of this recipe [here](#).

Exciting news!

Tell your friends, family, and neighbours that Small Steps for Big Changes will be returning very soon! This early summer, we aim to re-start the program, offering Small Steps for Big Changes at the downtown Kelowna YMCA, Kelowna Family YMCA, H2O Adventure & Fitness Centre YMCA, and virtually for those across the Okanagan area. Stay tuned for further updates on our social media or newsletters, or feel free to use the contact [form](#) on our website to express interest in the program, and we'll let you know when we're up and running again.

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