



# IN STRIDE

## INSIDER INSIGHT

### Ruth talks about her experience as an online Small Steps for Big Changes participant



Ruth is one of our online participants in the Small Steps for Big Changes program. She first inquired about the program back in March 2020 and now is enjoying the program from the safety and comfort of her home! We interviewed Ruth to learn more about her program experience.

#### **How did you learn about the Small Steps for Big Changes program?**

I first inquired about the program in March 2020. I read about it on a Facebook post. I cannot remember if it was a participant or a member of the research team that posted. Unfortunately, the pandemic put this on hold for me until later in 2021.

#### **What physical activities do you enjoy the most?**

My favourite physical activity is walking outdoors, especially by the lake or the ocean. I like water exercise programs and short yoga sessions. Playing with my grandchildren is really the most fun thing for me!

#### **What are you looking forward to as you continue your participation?**

Here are three things I am looking forward to:

- 1) Lessening my feelings of being tired all the time. Higher blood sugars just make me feel tired. I really feel better when my blood sugar is in the 5-6 range.
- 2) Increasing my endurance for walking longer distances. When we get back to traveling, I need to be able to walk to the places I want to go. I am a lighthouse hunter and there are very few lighthouses that are wheelchair accessible.
- 3) Losing weight safely so I feel lighter and more energetic.

#### **What do you like the most about being part of Small Steps for Big Changes?**

Small Steps for Big Changes is an effective way to address my goals. Also, it is research-based so I can be confident about following the guide. The program does not promise a quick fix and it fits into my lifestyle. I like the idea that I am contributing through a research study that will add to the body of knowledge supporting type 2 diabetes prevention.

#### **What would you say to people whom are interested in the program to encourage them to participate?**

I found that thinking of this program as being a year-long commitment was overwhelming, so I am just doing it one day at a time. You do not have to make any financial investments, just a time investment. There really is nothing to lose because the days are going to pass by anyway...we do not have any choice about that. Why not start now on a journey that is going to enhance the quality of your present and future health?

My goal is to be able to walk for as long as I am alive. The effects of type 2 diabetes often make walking difficult or even impossible so I am doing all I can to keep walking.



# PHYSICAL ACTIVITY AND NEW YEAR'S RESOLUTIONS

Getting started or re-started with exercise habits can be hard after the holiday season. However, being active is important to feel good and stay healthy. According to the Diabetes Care Community, a lifestyle including a healthy diet, weight loss (if needed), and consistent physical activity can reduce the risk of advancing from prediabetes to type 2 diabetes by almost 60%.

Here are 10 tips to help you stay active this new year:

1. Set your goals
2. Make a list of activities and exercises that you like to do
3. Get advice from a healthcare professional before you begin
4. Start slowly, and progress gradually
5. Go for short bursts
6. Break up your workouts
7. Use a pedometer or keep track on your mobile device
8. Break up your sitting time
9. Exercise with a friend or partner
10. Keep a daily log of your activities

Read the full article [here](#) for additional tips on sticking to your physical activity goals!

## Study finds that consistent physical activity is associated with a lower risk for severe COVID-19

A study conducted at Kaiser Permanente Southern California (KPSC) identified 48,440 adult patients with COVID-19 diagnosis from January 1 to October 21, 2020, and examined patients' physical activity levels and the severity of their COVID-19 symptoms. Three main categories for physical activity, based on patients' self-reports, were established: consistently inactive=0-10 min/week, some activity=11-149 min/week, and consistently meeting guidelines=150+ min/week.

The study found that meeting physical activity guidelines and doing some physical activity was associated with a reduced risk for severe COVID-19 outcomes among infected adults compared with those who were consistently inactive.

Read the complete study [here](#).

# RECIPE: KETO CINNAMON BUNS



### Ingredients

#### Dough

- 1 1/2 cups shredded mozzarella
- 3/4 cup almond flour
- 2 tbsp cream cheese
- 1 egg
- 1/2 tsp baking powder

#### Optional:

- 1 tsp vanilla extract
- 1 pinch of salt

#### Cream Cheese Frosting

- 2 tbsp cream cheese
- 1 tbsp greek yogurt/ full fat yogurt
- 2 drops vanilla-flavoured liquid sweetener (e.g., stevia) or 1/2 tsp vanilla extract

#### Cinnamon Filling

- 2 tbsp water
- 2 tbsp granulated sweetener (e.g., stevia)
- 2 tsp cinnamon

### Directions

1. Preheat the oven to 180 Celsius/360 Fahrenheit.
2. Melt the mozzarella and cream cheese in a non-stick pot over low heat or in a microwave (1.5 minutes, stirring halfway through). Take off the stove and/or make sure the cheese is melted, but not bubbling.
3. Stir in the egg.
4. Now add the almond flour and baking powder. Start to combine using a fork, then use your hands to make a ball of smooth dough. This can be easier if you lightly oil your hands first.
5. Divide the dough into 6 balls of ca 50g each.
6. Form long rolls (40cm), then flatten them out with your hands. Make the dough as thin as you can.
7. Prepare the cinnamon filling: boil water, then stir in the sweetener and cinnamon.
8. Spread the cinnamon paste over the flattened dough rolls.
9. Roll each into a bun and cut sideways in half.
10. Place 12 buns on a non-stick baking sheet or in a pie dish.
11. Bake for 20 minutes.
12. Meanwhile prepare the frosting: mix cream cheese, yogurt, and stevia.
13. Spread over the warm rolls and serve.

Find the full recipe [here](#).

After a long pause due to COVID-19, we are delighted to be back up and running our evidence-based diabetes prevention program! We are here to help, the program is free, and we are ready to serve you! If you or someone you know is interested in participating in our virtual Small Steps for Big Changes program, or just want to learn more about our program, let us know by emailing [small.steps@ubc.ca](mailto:small.steps@ubc.ca)

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