



# IN STRIDE

## INSIDER INSIGHT

### Small Steps for Big Changes coaches, be part of our community

This time we had the opportunity to interview Jenna Sim, one of our Small Steps for Big Changes coaches at YMCA H2O to learn more about her experience. She shared with us what she enjoys the most about being a coach and provided some advice for our current and future coaches.

#### 1. Why did you decide to become a Small Steps for Big Changes coach?

Because I wanted to be able to be a part of someone's health journey, and as a coach, I would have a better understanding of the program. I also enjoy talking with people. Now that I've had a client and am working with my second, I feel I can have a deeper understanding of the program and can speak to the process of Small Steps for Big Changes better.

#### 2. What do you enjoy the most about being a Small Steps for Big Changes coach?

I love talking with my clients and seeing and celebrating when they achieve the goals they set for themselves, especially when they achieve a goal that had been difficult to get in previous attempts.

#### 3. What is the most rewarding aspect of being a Small Steps for Big Changes coach?

It is really fulfilling to see someone make a lifestyle change that they had struggled with before. Knowing that as a coach you are their partner in change makes the experience very enjoyable.



#### 4. What would you say to YMCA trainers and other members in the community to encourage them to become Small Steps for Big Changes coaches?

Being a Small Steps for Big Changes coach is an opportunity to help someone make changes in their life that might appear small but can have a large impact on improving their health. You get to know your client and learn about their lives, families, and values which makes their successes something you can share with them.

By being a coach, you can help your client to feel more comfortable and welcome in an environment that can be new for them, and that way help them to become a better version of themselves.

## THE SMALL STEPS FOR BIG CHANGES WALKING GROUP IS WELCOMING NEW MEMBERS!



In mid-April, the Small Steps for Big Changes walking group welcomed Crystal and her family from Prince Edward Island. Crystal is new to the program and is enjoying a vacation out west to visit family in Alberta and BC.

Crystal, a new Mom, says she is learning the value of reading labels, walking daily, and being aware of what she eats. She is making better decisions and is seeing the results of her hard work. With her partner, she enjoys disc golf, hockey, skiing, and curling.

The walking group enjoyed the guests from Albany PEI and hopes to see them again soon.

## DON'T SKIP ON STRETCHING!

Stretching is not only something that people can do before or after exercise, but it is a way of exercising itself. Some benefits of stretching include reducing pain, improving sleep, and helping have good cardiovascular health. According to the Diabetes care community, stretching is especially helpful for people who live with diabetes, and in particular for those who live with joint issues such as carpal tunnel syndrome, frozen shoulder, arthritis, and limited joint mobility syndrome.

High blood sugar levels can cause the collagen in the body to become covered by sugar which results in sticky nets formations, affecting joints flexibility, this process is called glycation. Even though the most powerful way to prevent glycation is blood glucose management, stretching exercise is an effective way to prevent or delay its progression and help improve joint mobility.



Here are some stretching exercises recommended to practice regularly:

1. Neck stretches
2. Shoulder/upper back stretches
3. Upper back/triceps stretches
4. Wrist stretches
5. Quadricep (front of thigh) stretches
6. Hamstring (back of thigh) stretches
7. Calf stretches

Check out the full exercises [here](#).



**SMALL STEPS**  
FOR **BIG CHANGES**

## RECIPE: LOW-CARB BUN



Ruth, a Small Steps for Big Changes participant shared with us this super easy recipe of only 3 ingredients to enjoy a delicious low-carb bun so you can try it at home and serve it with your favourite toppings!

### Ingredients:

- 3 tbsp natural peanut butter
- 1 tsp baking powder
- 1 egg

### Directions:

1. In a large microwaveable cereal bowl, mix all 3 ingredients with a fork until smooth.
2. Cover and microwave for 90 seconds.
3. Take it out from the microwaveable and let it cool for approximately 3 minutes.
4. Once it is not so hot, take it to a plate
5. The finished product looks like a large hamburger bun. Turn out on a plate immediately after cooking.

### Tips:

1. You can slice it in half and then put it in the toaster.
2. Also, good sliced from top to bottom and eaten like a bread snack.

You can find a variation of this recipe [here](#).

If you'd like to share new ideas for low-carb recipes with our Small Steps for Big Changes community, please send them by email to [small.steps@ubc.ca](mailto:small.steps@ubc.ca).

Reminder: 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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