



IN STRIDE

INSIDER INSIGHT

“Motion is lotion for the body”... is one of Bill’s insights as he continues achieving his goals during his Small Steps for Big Changes journey

This time we had the chance to chat with Bill Koch about his experience in Small Steps for Big Changes. Bill has found that his coach, Kyra, has been a great support who has helped him to create strategies to achieve his goals and continue on his own. Bill shared with us helpful insights and advice for other program mates and new participants too!



1. How did you learn about the Small Steps for Big Changes program?

I saw an ad in Castanet.

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

Having a good balance of knowledge and encouragement.

3. What goals would you like to achieve during your participation in Small Steps for Big Changes?

Continue to be active and diet conscious. Motion is Lotion for the body.

4. In what aspect or area of your healthy lifestyle have you found SSBC most helpful for you?

With the SSBC info and additional online information, I have learned how to improve my diet and the importance of exercise.

5. How has your coach helped you the most during your participation in the program?

Kyra, my coach, has been very positive and encouraging with my journey. She is often more excited than I am with some of my achievements!

Kyra has been a great coach. She works with you to self-analyze what you are doing and is no way critical. She encourages me to be the best I can be and to not be discouraged when things slow down or slide. She works with you to develop your plan and helps to build strategies when things go a bit sideways. It continues to be a supportive and positive experience.

6. What would you say to people who are interested in the program but have not made the final decision?

You have nothing to lose, except weight! This is a non-pressured, encouraging way to re-gain a healthier lifestyle.

7. Anything else that you would like to comment on about your experience in SSBC?

I have also enjoyed the experience of being a part of a new surprise that is being developed for Small Steps for Big Changes participants!

#LaceUpYourWay

Looking to challenge yourself after the summer break? Join us in the #LaceUpYourWay movement to end diabetes!

The Small Steps for Big Changes family will be participating in the Lace Up initiative organized by Diabetes Canada aimed to raise funds by cumulating kilometers to help people living with diabetes or prediabetes.

Download the app and join the Diabetes Prevention Research Group team on the [website](#) and start cumulating kilometers with us, every step counts!



GET THE MOST OF YOUR TRAINING: best exercises to control blood sugar levels

Most of us know that regular exercise helps keep us fit, improves our health, and can boost our mood. However, did you know that the benefits of exercise include helping you control sugar blood levels?

There are two main ways exercise can impact blood sugar. The first one is immediate – when your muscles contract they need energy and they take up sugar from the blood, helping bring down high blood sugars, especially after a meal. The second effect is more lasting – exercise increases insulin sensitivity after exercise. This lasts for 24–48 hours and means that insulin works better to tell muscles to take up sugar from the blood. Together, the immediate and lasting effects make exercise one of the best things you can do to keep your blood sugar in control!



Here are some exercises that combined could give you the most benefits:

- Aerobic exercise: continuous short periods of exercise that increase your heart rate (e.g., jogging, cycling, and hiking).
- Resistance training: short and repetitive exercises to build muscle strength, you can use weights, resistance bands, or your own body weight. It is recommended to do approximately six to eight exercises targeting the major body muscle groups.
- Interval training: short periods of intense exercise combined with short recovery periods. You can do it when running or biking on a stationary bike.
- Aquatic exercise: water activities also have benefits on the joints for people with conditions such as osteoarthritis. You can try water walking or swimming laps.

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

RECIPE: KETO LEMON PIE



Ingredients

For the Crust:

- 6 tbsp softened butter
- 3/4 cup no calories sweetener (you can use erythritol)
- 3/4 cup dried shredded unsweetened coconut
- 3/4 cup almond flour
- pinch of salt

For the Filling:

- 1/2 cup butter
- 1/2 cup no calories sweetener
- 1 tbsp no calories sweetener
- 1/2 cup fresh lemon juice
- 1/4 cup lemon zest
- 6 egg yolks
- 1 1/2 cups heavy whipping cream
- 1/4 tsp xanthan gum

Directions

For the Crust:

1. Combine the butter, sweetener, coconut, almond flour, and salt in a medium bowl and mix until a dough forms.
2. Press the dough into a pie plate.
3. Bake the crust at 180 Celsius degrees for 15 minutes.

For the Filling:

1. Melt the butter in a small saucepan on low heat.
2. Remove from heat and whisk in 1/2 cup sweetener, lemon juice, and lemon zest until dissolved. Whisk in the egg yolks and return to the stove over low heat.
3. Whisk continually until the curd starts to thicken.
4. Remove from the heat, strain into a bowl, and let it cool.
5. In a large bowl, whip the heavy whipping cream, xanthan gum, and 1 tbsp of no calories sweetener together until stiff peaks form.
6. Fold 1/3 of the whipped cream mixture into the chilled lemon curd until combined.
7. Add the lightened lemon curd mixture to the remaining whipped cream and gently fold together until fully combined, but still fluffy.
8. Spoon the filling into the cooled pie crust and decorate with additional whipped cream and lemon zest if desired.
9. Serve chilled – will keep up to a week in the refrigerator.

You can find the recipe [here](#).

If you or someone you know is interested in participating in our Small Steps for Big Changes program, or just want to learn more about it, let us know by emailing small.steps@ubc.ca.

We are here to help!

GET IN TOUCH

-  [SSBC Website](#)
-  [smallstepsforbigchanges](#)
-  [@DPRGUBC](#)
-  [SSBC UBC](#)
-  small.steps@ubc.ca