



IN STRIDE

INSIDER INSIGHT

Isabella explained to us how becoming a SBBC coach has given her experiences that have positively impacted her life

This time we had the opportunity to interview Isabella, a Small Steps for Big Changes coach who also works as a coach at the YMCA downtown. Here is what she shared with us about her experience and learning as a SSBC coach:

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

I'm very interested in working with people with chronic diseases. The SSBC is an opportunity to learn and apply behavior-change talk for people with pre-diabetes.

Besides that, the program is also an opportunity to learn and practice English.

2. How long have you been a SSBC coach?

I've been a SSBC coach for six months.

3. How many participants have you taken through the SSBC program so far?

I have successfully taken through the program to 3 participants.

4. What do you enjoy the most about being a SSBC coach?

Helping empower people to make their own decisions about getting a healthier lifestyle, through exercise and healthy diet habits.

5. What is the most rewarding aspect of being a SSBC coach?

The gratitude from participants for helping them understand more about their body and how to take care of it.



6. What would you say to YMCA trainers and other members in the community that could encourage them to become SSBC coaches?

It is a life-changing experience. Besides knowing more about type 2 diabetes and helping people to change their lives for the better, motivational interview skills can help us in different life situations, either at work, or even on personal matters.

7. What message would you like to send to people who are interested in participating in the SSBC program (as a client) but have not made the final decision?

Several people don't have the opportunity to talk deeply to a doctor about a pre-diabetes diagnosis.

The SSBC program is an incredible learning opportunity about the matter. In the program, you'll have time to be heard, ask questions, learn new information, and empower yourself to make your own decision about getting a healthier lifestyle.



EAT HEALTHY WHILE ALSO TAKING CARE OF YOUR BUDGET!

Eating a nutritious diet can be thought as an expensive thing to do. However, there is a variety of foods that can benefit your body without you having to spend hundreds of dollars.

Here is a list of nutritious foods that you can find at reasonable prices:

- High-fiber foods such as whole grain products (e.g., whole grain pasta) and brown rice.
- Frozen and canned fish instead of meat.
- Plant-based proteins like legumes (beans, peas, chickpeas, and lentils) which can be easily found as canned products and also help control blood glucose and cholesterol levels.
- In-season and local fruits and vegetables, which also can be frozen to have extra for use out of season.
- Oatmeal instead of flavoured cereals.

Some tips that can help you save money and time when you go grocery shopping:

- Planning in advance, which includes making a quick search of the grocery stores that you want to visit so you are aware of what the weekly specials and discounts are.
- Cooking one product in different ways so you can have different options of dishes during the week. For example, using roast chicken to also cook fajitas, soups, and wraps.
- When you find non-perishable goods such as legumes, buy a bigger amount so you have extra in the future.
- Consider no-name, or non-name brand products which can be very similar to the name-brand ones but cheaper.
- When shopping, ask staff about current deals, check online for discounts before you go, and ask about any current coupons.

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

RECIPE: OMELETTE BITES



Ingredients

- 16 beaten eggs
- ½ tsp salt
- Freshly ground pepper
- ½ loosely packed cup (55 grams) crumbled feta cheese
- 1 cup finely chopped fresh baby spinach
- 1 cup diced red pepper

Directions

1. Preheat oven to 300°F.
2. Grease a 12-cup muffin tin.
3. Beat the eggs, salt and pepper together in a pourable bowl.
4. Divide cheese, spinach and red peppers between the 12 muffin cups, then evenly fill with the beaten eggs.
5. Bake uncovered for 75–80 minutes.
6. Remove from oven and let cool before removing omelettes from the muffin cups.

Find the full 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!

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small.steps@ubc.ca