



IN STRIDE

INSIDER INSIGHT

“This program has been AWESOME for me”... Roberta shared with us how being part of Small Steps for Big Changes has impacted her life

This time we had the opportunity to interview Roberta, a Small Steps for Big Changes participant. Here is what she shared with us about her experience as a SSBC member:

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

My doctor told me about it and suggested contacting the program to see if I could do it.

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

The support, via my coach Azize, and the encouraging text messages I get every day, which help me if I get a bit weak and turn to old ways.

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

I would like to keep my A1c at a level where I would not have to take medication. I want to maintain my overall health so that I can be around my kids and grandkids for many healthy years.

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

It has given me support and ongoing aid in continuing to stay healthier and with a positive attitude.

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

Azize has been a bright, bright light in keeping me going to maintain my goals. She is REAL about things, supporting me to find healthy options when the urge to have that chocolate bar is too tempting to resist. She helps see a good way to address hurdles as they arise. She is non-judgmental and gives me the push I need if I feel down or not able to continue. She is a HUGE asset in my success, as I would think she is for anyone she coaches!

6. How is your daily routine different now from the time you were not part of Small Steps for Big Changes yet?



I am dedicated to walking as much as I can, even taking trips to town on foot rather than driving to get the exercise my body needs.

7. Did you set any goals for 2023 related to your healthy lifestyle? If so, could you share some with us?

I have not really set out any goals as such, but I do plan to stay on track with exercise, proper eating, and less sugar intake from here on in.

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

I would say DO IT! This program has been AWESOME for me. I tell EVERYONE who asks about it how awesome the SSBC team has been.

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

Just a heartfelt THANK YOU VERY MUCH from the bottom of my heart, which has a lower resting heart rate now so it may be able to continue beating much longer on this plain! Thank you.

Please keep my texts coming, they are a godsend on a day when I am down! Keep up the GREAT work and good luck with all you accomplish!



DID YOU KNOW THAT LONG-LASTING STRESS COULD TRIGGER INCREASES IN BLOOD SUGAR LEVELS?

The body responds to stressors through chemical reactions led by the brain. This response is a defense mechanism that involves the release of hormones that have numerous effects on the body. However, it has been found that the constant release of hormones when the body is under chronic stress can have detrimental effects on health. Some consequences include having a higher risk of heart disease, stroke, increase in blood pressure, and blood sugar levels (Sinha et al., 2018).

A study conducted in New Delhi, India (Sinha et al., 2018), examined the effects of meditation, as a method to relieve stress, on patients with coronary artery disease (CAD). Sixty participants were randomized to one of two groups, one practicing meditation and another one not practicing meditation. Results showed that practicing meditation had positive effects on blood glucose, glycosylated hemoglobin, and insulin levels.

Other studies have shown that stress is an important factor in individuals with type 2 diabetes (T2D) and is also more frequently found in this population compared with individuals without T2D (Chaipanont, 2008). Stress can affect not only blood glucose levels but also insulin release (Chaipanont, 2008). For this reason, stress management techniques such as meditation are highly recommended for the treatment of this condition.



You can read the complete research articles [here](#) and [here](#).

RECIPE: BROCCOLI PISTACHIO SOUP



Ingredients

- 300g florets of broccoli
- 600 ml chicken stock or vegetable stock
- 3 chopped spring onions scallions or 1 small chopped onion
- 30 g pistachios
- 1 teaspoon olive oil
- 1 chopped garlic clove
- creme fraiche for decoration
- enough water to boil the broccoli
- sea salt
- pepper

Directions

1. Fry the onion and garlic in olive oil at low heat until tender and sweet (for 7 minutes approx).
2. Boil water and add the chicken or vegetable stock.
3. Add the pistachios to the water with stock so they can soften.
4. Steam the broccoli for 5 minutes.
5. Blend until smooth in a food processor.
6. Season to taste with salt and pepper.
7. Serve and decorate with a swirl of creme fraiche, a little broccoli floret, and some pistachios.

See the full recipe [here](#).

Tell your friends, family, and neighbors that Small Steps for Big Changes is expanding! We are very happy to announce that Small Steps for Big Changes is now in Oliver, Prince George, and Vanderhoof! If you want to join or have any questions please send us an [e-mail](#) and stay tuned for more information on the [Oliver Parks and Recreation](#), [YMCA northern BC](#), and [Vanderhoof aquatic centre](#) websites.

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