



FITNESS CENTER 2023

NOVEMBER NEWSLETTER

DIABETES AWARENESS MONTH

HQC Fitness Center

Diabetes is a chronic medical condition where the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of sugar in the blood. There are two main types of diabetes: Type 1, an autoimmune condition where the pancreas produces little to no insulin, and Type 2, where the body becomes resistant to insulin or doesn't produce enough.

Type 1 Diabetes

Happens when the Pancreas doesn't produce insulin or makes very little insulin. Insulin helps blood sugar enter the cells in your body for use as energy. Without insulin, blood sugar can't get into cells and builds up in the bloodstream. High blood sugar is damaging to the body and causes many of the symptoms and complications of diabetes. [Type 1 diabetes - Symptoms and causes - Mayo Clinic](#)

Type 2 Diabetes

A chronic condition that affects the way the body processes blood sugar (glucose). With type 2 diabetes, the body either doesn't produce enough insulin, or it resists insulin. Symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision. In some cases, symptoms may not exist. [Take The Prediabetes Risk Test](#), [What Is Diabetes - DRIF\(diabetesresearch.org\)](#)

Treatments include diet, exercise, medication, and insulin therapy.

Type 2 diabetic patients have 2x the risk of heart attack, stroke, and heart failure. Macrovascular changes in blood vessels can lead to narrowing of arteries and hyper coagulability, which can lead to high blood pressure, blood clots, congestive heart failure, heart attack, and stroke.

Awareness of diabetes is crucial due to its increasing prevalence and significant impact on global health. It's a leading cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation. Early diagnosis and treatment are key in preventing or delaying complications associated with the disease. [Type 2 Diabetes - NIDDK \(nih.gov\)](#)

Diabetes does not discriminate—it can affect individuals of all ages, ethnicities, and socio-economic backgrounds, though certain populations, such as those with a family history of diabetes, overweight individuals, and some ethnic groups, are at higher risk.

Prevention strategies are multifaceted. For Type 1 diabetes, which is typically diagnosed in children and young adults, prevention is currently not possible. However, ongoing research is looking into the triggering factors with hopes of future preventative measures.

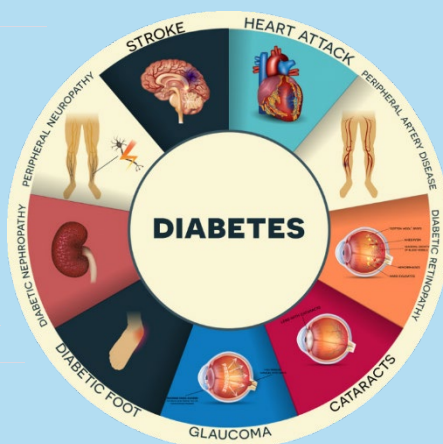
For Type 2 diabetes, which is more common, lifestyle changes can significantly reduce the risk.

These changes include:

- ✓ Maintaining a healthy diet rich in whole foods, fiber, and nutrients, while low in processed sugars and fats.
- ✓ Regular physical activity, which helps control weight and insulin sensitivity.
- ✓ Regular health screenings, particularly for those at higher risk, to detect pre-diabetes.

Diabetes is a growing health issue with serious complications. Awareness is the first step in recognizing the need for early detection, education on management, and the importance of research for prevention strategies. It's a global concern, but with informed actions and collective efforts, we can mitigate its impact and strive towards a healthier future for those at risk or living with diabetes.

[Type 1 diabetes - Symptoms and causes - Mayo Clinic](#), [What Is Diabetes - DRIF \(diabetesresearch.org\)](#), [Type 2 Diabetes - NIDDK \(nih.gov\)](#)



October Halloween Fun Run/Walk Pictures!

Halloween Fun Run/Walk!

The HQC Fitness Center Halloween 5k event was held on Tuesday, October 31st, from 10 a.m. to 12 p.m. with 50 participants. Thank you to all who participated!!

Men 5K winners Times

- ✓ First Place: Michael Heaphy 23:18
- ✓ Second Place: Dan Soriede 25:34
- ✓ Third Place: Jodie Rodriguez 26:34
- ✓ Fourth Place: Jason Early 26:36
- ✓ Fifth Place: Seth Cohen 26:43

Women 5K winner Times

- ✓ First Place: Lisa Kilday 28:22
- ✓ Second Place: Gee McNease 31:22
- ✓ Third Place: Sherry Saurage 32:34
- ✓ Lisa Peters 49:00
- ✓ Dionne Vassell 54:52

HALLOWEEN FUN RUN

The annual Halloween 5k Run/Walk is back!
Tuesday, October 31st
7:30 a.m. to 9:30 a.m.
Participants will meet at the HQC Fitness Center



Upcoming Fitness Center Events

Fitness Center Hours:

Fitness Center is open Monday-Friday. Monday's hours are 0530 to 1730, Tuesday, Wednesday, Thursday hours of operations are from 0530 to 1800, and Friday hours are 0530 to 1630.

Red Wagon Event will be on Wed 29 Nov 2023 3rd Floor Only

November Lunch & Learn -This month's topic is on Diabetes Awareness Wed Nov 15th at noon.

Thanksgiving-Fitness Center will close early on Wed 22 Nov AT 1400 AND BE CLOSED ON Thanksgiving

Let's Compete

This fitness challenge for all HQC employees of all fitness levels. Each week; compete in strength, endurance, and balance in a healthy competitive environment.

The weekly challenges for the month of August will be as follows:

Week 1

Squats challenge- how many squats can you do in 1 minute?

Week 2

Stairmaster-how fast can you burn 15 calories.

Week 3

Plank challenge- plank for time.

Week 4

Burpees- how many in 1 minute?

Intramural sports are back!

Join the HQC Fitness Council!

Your input is valuable! Join the HQC Fitness Council on Wednesday, November 22, 2023, 11:00 AM-11:30 AM. We will discuss upcoming programs, events, facility updates, and more. [Click here to join the meeting](#)
For more information on how to join, please email Asante.Kufuor@dla.mil.



November Lunch and Learn

Join us on Wednesday, November 15th at noon for our Health 360 Lunch and Learn. This month's topic is on Diabetes Awareness Month. We welcome your topic ideas. Submit your suggestions to the Fitness Center staff by emailing us at Bakita.Rosenkrantz@dla.mil
[Click here to join the meeting](#) on 11/15/2023, at 12pm.

Personal training and Group X Classes

Tuesday 6:00-6:45 a.m. Strength

This class aims to improve your balance, strength, flexibility, and agility. This full body workout uses a variety of equipment to 'feel the burn' and strengthen, tighten, and build your muscles!

Tuesday Noon- 12:45 p.m. Circuit

This class combines a variety of cardio and strength exercises to maximize your workout and energize your day!

Tuesday 4:00-4:45 p.m. Circuit

This class combines a variety of cardio and strength exercises to maximize your workout and energize your day!

Wednesday 6:00- 6:45 a.m. Yoga

Beginner Yoga session helps participants ease into a yoga practice. Modifications throughout the practice for beginners and support apparatus incorporated in most practices.

Wednesday Noon- 12:45 p.m. Strength

This class aims to improve your balance, strength, flexibility, and agility. This full body workout uses a variety of equipment to 'feel the burn' and strengthen, tighten, and build your muscles.

Wednesday 3:30pm- 4:15 p.m. Yoga

Beginner & Intermediate Yoga session heavily cued to support those wanting to grow in their practice. Modifications throughout the practice for beginners and challenges for intermediate.

Thursday 6:00- 6:45 a.m. Strength

This class aims to improve your balance, strength, flexibility, and agility. This full body workout uses a variety of equipment to 'feel the burn' and strengthen, tighten, and build your muscles!

Thursday 12:00 p.m. 12:45 p.m. Yoga

Yoga focuses on fitness for the mind, body and soul via breathing, balance, and flow patterns. Specialty session includes a brief group discussion on yoga technique or topic, application of discussed through practice, and Savasana (brief meditation) mastering one element per session.

Thursday 3:30-4:15 p.m. Yoga

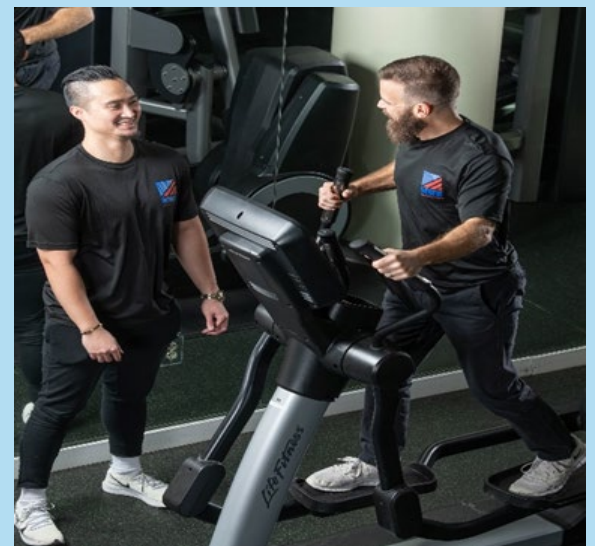
Beginner & Intermediate Yoga session learning fun moves to ease into the joy and benefits of yoga.

Friday Noon- 12:45 p.m. Circuit

This class combines a variety of cardio and strength exercises to maximize your workout and energize your day!

Personal Training!

Want free 8 personal training sessions? HQC Fitness Center is now offering 1-on-1 Personal Training. Please E-mail Bakita.Rosenkrantz@dla.mil or call 571-767-2107 to get added to the personal training list today!



Member of the Month 2023

Meet your November 2023 HQC Fitness Center member of the month: **Col. Brandon Hill**. Thank you for your hard work, commitment, and dedication here at the HQC Fitness Center. Your accomplishment is also our success!

Brandon is the ASOC director here at the DLA HQC. While Brandon is a soldier and fitness is a job requirement, he remains consistent and passionate about his training and admits there is a therapeutic component he appreciates as well.

Brandon's fitness goals are lofty as he is training to achieve entrance into the 1,000-pound club (a club where no amount of money can buy you access). He is also attempting to max his Army Fitness Test. Brandon enjoys weightlifting but is also a fan of High Interval Training (also known as HIIT training).

We concluded by asking Brandon what advice he would give to a new gym goer and his response was to "Bring it every day!"



Thank you, Col. Hill!

Nominate the next Member of the Month!

Do you know anyone who has made progress in their fitness journey using the HQC Fitness Center?

Nominate them for HQC Fitness Center Member of the Month. Send their name, email, and agency to Spencer.storer@dla.mil or

Bakita.rosenkrantz@dla.mil

Nominee must actively attend HQC Fitness Center and/or participate regularly in fitness.

Please E-mail Bakita.Rosenkrantz@DLA.mil for more information regarding the newsletter.



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