

WELCOME to the Kalos Corner Quarterly Newsletter.

We hope each edition will provide information and knowledge to help improve your quality of life.

Are You at Risk for Diabetes?

The number of Americans learning they have type 2 diabetes is on the rise. Do you know your risk? Fill out this checklist to find out.

Diabetes Awareness Checklist

- Have you been told by your doctor that you should lose weight?**
- Is getting exercise something you rarely do?**
- Does anyone in your family have diabetes?**
- Are you Hispanic, African American or Asian?**
- Are you 65 or older?**

If you answered yes (or checked the box) to even one of these questions, you are at a higher risk of having diabetes.

Take Action!

Write down any concerns and questions you wish to discuss with your doctor. Bring your list with you to your next appointment.

Enjoy Sunshine Safely

Protect Your Skin - Your skin needs protection from the sun every day no matter where you are.

Apply sunscreen. Use sunscreen with SPF 15 or higher when spending time outside. It should also block the sun's harmful ultraviolet (UV) rays. Don't forget to apply it on your ears, nose, lips, tops of feet and head if your hair is very short. Remember to reapply after swimming or sweating.

Seek shade. Rest under an umbrella or shady tree. Indoor activities are best during midday hours when the sun is the strongest.

Get a hat. A hat with a wide brim can protect your face, ears and neck. Make sure to put sunscreen on those body parts even if your hat provides coverage to those areas.

Wear sunglasses. Look for sunglasses that wrap around and block most of the sun's harmful UV rays.

DID YOU KNOW? Just a few serious sunburns can increase your risk for skin cancer later in life. So see your doctor once a year for a skin checkup.

Special Summer Safety Tip

Protect your inside as well as your outside. Drink lots of water to stay hydrated to help prevent heat stroke. Remind your friends and family to use these options to prevent sunburn, too!



Fresh from the Farm

Summertime is a great opportunity to enjoy a bounty of fresh produce. Fruits and vegetables provide vitamins, minerals, fiber and other nutrients important for good health.



If you eat a diet high in vegetables and fruit, you are likely to have a reduced risk of many chronic diseases and health problems, such as stroke, diabetes, some types of cancer, heart disease and high blood pressure.

Choose recipes with vegetables or fruits as the main ingredient — such as vegetable stir fry, or fresh fruit mixed into salads.

Farmers markets are a great source for fresh, locally-grown fruit and vegetables. To locate a farmers market near you look in your local publications.

Why shop at a farmers' market?

- Produce is fresh
- Cost effective
- Create a list of what you need
- You can talk to the farmers to learn about the food they've grown
- Socialize with others in your community
- Promotes walking
- ... and, it's just fun

Roasted Summer Squash

Pick up fresh vegetables for this recipe at your local farmers' market.



Pairs nicely with chicken or eat alone.

Prep Time: 15 min
Cook Time: 45 min
Total Time: 1 hr
Serves: 6

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Chop your squash into large, chunky slices about ½ to ¾ inch thickness.
3. Spray a cookie sheet with a light coat of olive oil.
4. Line up your squash slices like little soldiers. Don't worry about leaving space between them. They'll cook just fine scrunched together.
5. Spray a light coat of olive oil over the top of the squash.
6. Sprinkel your spices, including the parmesan over the squash.
7. Bake for approximately 30-40 minutes, or until they have a very light golden hue to them, and you can easily push a fork through them.
8. Allow to cool slightly and serve.

INGREDIENTS

- 4 large zucchini
- 2 large yellow squash
- 2 tsp. garlic powder
- ½ tsp. black pepper, ground
- Olive oil in an oil sprayer
- ¼ cup grated parmesan cheese

Measurements for this recipe are approximate. Feel free to adjust amounts to your liking.

Is Yoga for Me?

The purpose of yoga is to build strength, awareness and harmony in both the mind and body.

Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.

Body- and self-awareness are particularly beneficial because they can help with early detection of physical problems and allow for early preventative action.