



The Dodge Diabetes Walk from last Wednesday was postponed due to poor outdoor weather conditions. It will now be held on Wednesday Nov. 19 from 11:30 AM to 1 PM but has been moved to an indoor location. The walk will begin in the lower lobby of Hoover Hall in the northeast part of the building. There will be a 20-30 minute walk through the hallways and skywalk of Hoover and Howe with stations with diabetes prevention materials along the route. Please join us to get in some steps and learn about diabetes prevention!

November is National Diabetes Month. Enjoy the newsletter which is focused on that topic.

It's not too late to get in on the Nutrition Challenge or the MyStart! Activity Challenge. **Anytime is a good time to improve your lifestyle behaviors!**

Go to <http://www.extension.iastate.edu/HealthyLifestyles/News/challenge.htm> to download the dairy tally sheet and begin! Check out above attachment for some tips. Once tally sheets are completed they can be returned to me via campus mail at 220 MacKay Hall or sent back electronically to [barclay@iastate.edu](mailto:barclay@iastate.edu). Participants will be eligible for a drawing for gift cards,

The instructions are also on that website to sign up for the activity challenge known as MyStart! through the American Heart Association. Signing up might move you into action and get you thinking about how to get in your 30 minutes/day for good health now that the cold weather has arrived!

**Upcoming lunch& learns:** (all from noon to 1 PM)

Wednesday Nov. 12 "Love your Lungs-Lung Health Awareness" Curtiss Room 9

Friday December 12 "Holiday Spices-Flavorful and Healthy" 0331 Palmer Bldg.

Thursday January 22 "How to Curb Mindless Eating" 0331 Palmer Building

Call 4-9625 or e-mail [barclay@iastate.edu](mailto:barclay@iastate.edu) to reserve a seat.

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