

# **Delaware General Health District**

## ***Dedicated to your health***



# NEWS RELEASE

## **15 Minutes Mild Exercise Drops Blood Sugar 40 Points at Health District, Delaware County OSU Extension and Healthy Ohio Sponsored Event**

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FOR IMMEDIATE RELEASE

For further information contact Jesse Carter, public information officer, at 740-203-2085.

**DELAWARE, Oh., October 2, 2009** –Participants at the recent Delaware County Cardiovascular Coalition's "Dining with Diabetes" Reunion Program were amazed at the results of a volunteer demonstration on the positive effects on blood sugar from just 15 minutes of mild exercise on a stationary bike. Even those who knew it had to be positive weren't expecting a 40 point drop into a healthier range. "Success in Motion," the evening's program, presented by Sarah Earhart, MS, RD, LD, CDE of the Rite Bite Wellness Center, focused on the positive role of exercise in managing diabetes.

Event attendees were served a healthy grilled vegetable salad, along with tips for creating great flavor in cooking and grilling for diabetes, all expertly demonstrated by Willow Brook's head chef, John Lindeboom. Reunion participants also shared personal success stories since attending their first "Dining with Diabetes" program in February. These included planting a garden for the first time, creating new healthy desserts, and using different herbs and spices to reduce fat and salt to better manage their diabetes.

The Health District, Delaware County OSU Extension, Willow Brook Christian Village, The Rite Bite Wellness Center and Healthy Ohio will partner again on November 2nd, 4th, and 6th to present a Holiday "Dining with Diabetes" Program at the new Willow Brook at Delaware Run location. The holiday program includes three expert classes on cooking holiday foods for better flavor and better diabetes management, as well as a 3-course dinner and dessert tasting

served each night. The total cost for the program is only \$30 per person which covers food and cooking supplies. For more information and registration forms for the November event, visit [www.delawarehealth.org](http://www.delawarehealth.org), Hot Topics, or call OSU Extension at (740) 833-2030 or Health District Dietitian Connie Codispoti, MS,RD, LD, at (740) 203-2038.