

SUN

MON

TUE

WED

THU

FRI

SAT

# Diabetes Month

				1	2	3 <b>Fact:</b> Type one diabetes is the type in which the pancreas stops making insulin. Insulin shots are required to use glucose from meals.
4 <b>Go on a nature hike and look for signs of Fall.</b>	5	6	7	8	9 <b>Family Time:</b> Make a list of what you are thankful for and one thing you like the most about each family member.	10
11	12 <b>Fact:</b> Diabetes is the fifth deadliest disease in the U.S. and has no cure.	13	14	15	16 <b>Play football with friends, neighbors, and family</b>	17
18	19	20	21 <b>Family Time:</b> Plan some fun family games and activities everyone can take part in after eating on T-day!	22 <b>Happy Thanksgiving</b> 	23 <b>Fact:</b> Type two diabetes is the most common form of diabetes. In this form the body does not produce enough insulin or the cells ignore the insulin.	24
25 <b>Give the dog a bath</b>	26	27 <b>Risk Factors for Diabetes:</b> Obesity Apple-Shaped Figure Age Sedentary Lifestyle Family History High Blood Pressure High Cholesterol	28	29	30	

### Fitness Tip

Exercise is also known as physical activity and includes anything that gets you moving, such as walking, dancing, or working in the yard. You can earn benefits of being physically active without going to a gym, playing sports, or using fancy equipment. Being physically fit means you have strength, flexibility and endurance needed for your daily activities as well as, making you feel better!

### Chocolate Mousse Pie:

1 nine inch prepackaged pie crust

2 1.4 oz. packages sugar-free, fat-free chocolate pudding mix

1 1/4 cup fat-free milk

1 8 oz. container fat-free whipped topping divided

2 Tbsp. Mini-semi-sweet chocolate chips

Preheat oven to 400 degrees. Bake pie crust according to package directions. Remove from oven and cool thoroughly.

In a medium bowl, whisk pudding mix and milk. Fold half (4 oz.) of whipped topping into pudding mixture and fold until fully blended.

Spread pudding mixture into pie crust and top with the remaining whipped topping. Sprinkle top with chocolate chips.