



It's a great time to get moving.

Whether you're just getting started or are an experienced athlete, regular physical activity is an important part of diabetes management.

Regular exercise can help put you back in control of your life. If you're not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively to lower your blood glucose, also known as blood sugar. (You might notice that exercising sometimes raises your blood glucose, find out why.)

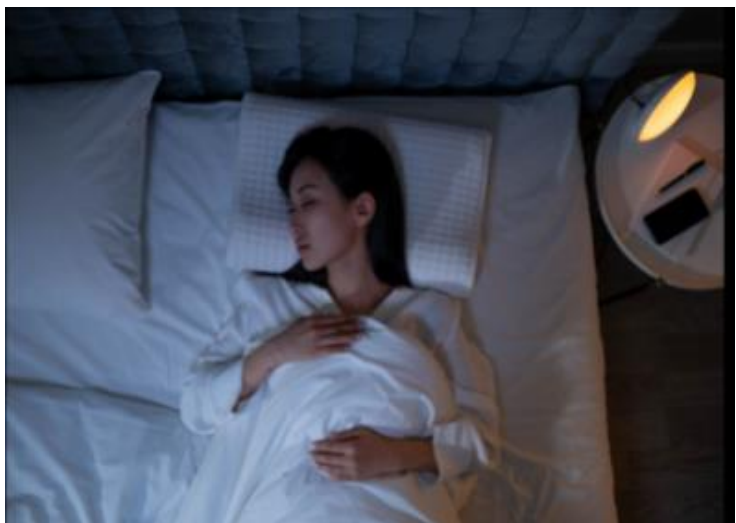
Exercise just makes you feel better. So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part. Get started. But get started safely.

It doesn't matter where you are physically. If you've never set foot in a gym, that's okay—as long as you start doing something now. If you haven't been very active or are worried about your health, it's important to consult your doctor and start slowly.

Light walking is a great place to start—and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to an audio book. Set goals every day and meet them and you'll start feeling like you're back in control of your life. Learn more about how to get started safely. To read entire article [click here](#).



A video series sharing practical ways to support your well-being.



Take Good Care with Better Sleep Habits - Vanderbilt experts explain why sleep is so important and share easy tips to improve your sleep habits. [Click to view!](#)

PAWS ON THE PLAZA



Amanda Braun, Assistant Nursing Manager for PRB, TVC & VAV. Enjoyed a sweet puppy snuggle at recent “Paws On The Plaza”.

Winners of pumpkin-carving contest announced

The best of this year's gourd-as-artistic-medium entries from Vanderbilt departments

by Wayne Wood
October 21, 2022



Photos by Emily Cox

After a COVID-imposed hiatus, the Health Plus-sponsored pumpkin carving contest returned to the the VUH Plaza at the Oct. 20 Farmers' Market.

The entries were on display and market-goers could vote on the winners in the categories Best Carved, Best Decorated and Best Overall.

“Each were fantastic displays of creativity,” said Emily Cox, senior health educator at Health Plus who oversaw the contest. “We appreciate the effort put forth by all and your support in making the return of the Pumpkin Carving Contest a success.”

The winners: Best Carved: **Neurology**



Neurology's synapses were all firing— the department's entry depicted a normal brain and a brain with hydrocephalus and it captured the Best Carved prize. To read full article [click here](#)

No-Bake Peanut Butter & Chocolate Bites



Ingredients

1/3 cup low calorie granulated sugar blend, such as Splenda sugar blend

1/3 cup skim milk

1/2 cup peanut butter

1 tsp vanilla extract

2 cup old-fashioned rolled oats (not quick cooking)

3 tbsp mini-chocolate chips

Directions

In a small saucepan, combine sugar blend and milk over medium heat. Stir well and bring to a boil for 1 1/2 minutes. Stir in peanut butter and vanilla.

Remove from heat and add oats. Stir until oats are evenly coated in the peanut mixture and everything has cooled. Fold in the chocolate chips.

Scoop oat mixture into 1 Tbsp. balls and place on waxed paper. Let cool and refrigerate.

Braised Chicken Thighs with Mushrooms



Ingredients

1 tbsp olive oil

1 lbs boneless, skinless chicken thighs

1 tsp butter

½ onion(s) (finely diced)

8 oz sliced mushrooms (sliced)

3 tbsp balsamic vinegar

1 1/2 cup low sodium chicken broth

Directions

Heat oil in a large Dutch oven over medium-high heat. Add chicken thighs and sauté for 3 minutes per side. Remove from pan and set aside.

Add butter to pan and melt. Add onion and sauté for 2 minutes. Add mushrooms and sauté for 3-5 minutes until liquid is released; stirring frequently.

Add balsamic vinegar to pan and cook with mushrooms for 1 minute. Add chicken thighs back to pan and place mushrooms on top of chicken. Pour chicken broth into pan.

Bring the chicken broth to a boil. Reduce the heat to medium-low, cover the pan with a tight-fitting lid, and simmer for 25 mins.