



WELLEAVATION

Loyola University Maryland
November 1, 2018 Issue : 2

FITNESS

Personal Training is available to all students and members of the Fitness and Aquatic Center. Our nationally certified personal trainers can develop an exercise program specifically for you! Personal Trainers will tailor a program to your specific needs and match the training to activities you enjoy. From the novice to the elite athlete, we have the knowledge and skills to work with you to achieve your personal health and fitness goals. For more information, stop by the FAC or visit www.loyola.edu/recsports.

HEALTH

Diabetes Awareness Month

Did you know Type 1 and Type 2 Diabetes are NOT the same?

- | | |
|---|---|
| Type 1 Diabetes (T1D) | Type 2 Diabetes (T2D) |
| - Usually develops BEFORE age 40 | - Generally develops AFTER age 40 |
| - Develops when your body can't produce Insulin | - Develops when your body can produce insulin, but an insufficient amount or it doesn't work properly |
| - Cause unknown; autoimmune disease | - Cause multifactorial: family genes, obesity, and/or inactivity |

NUTRITION

FALL SUPERFOODS

Pumpkin and Winter Squash are both excellent sources of Beta Carotene (the precursor to Vitamin A) and other carotenoids, as well as good sources of Vitamin C, Potassium and Fiber. 1 cup of cooked squash has about 75 calories, 18 grams of carbohydrates and 5 grams of fiber. So look for different varieties of winter squash to roast up and enjoy, such as in a delicate or sweet dumpling. Don't forget to roast up the seeds to get bonus protein and nutrients!

"WELLEAVATOR OF THE MONTH"

ALANA Services

November is Native American Heritage Month! Let's try to think about how important it is to become more educated about the frequently overlooked history of Native Americans in this nation, and to consider ways in which we can catalyze liberation.

ALANA Services seeks to educate the Loyola community by hosting a luncheon and having various speakers and performers present.

Please join us on Tues, Nov 13th at 11:30 for our luncheon.

RSVP to Julie Rivera at jcrivera@loyola.edu

Everyone has a Gift. We Just Open Them at Different Times.



LOYOLA
UNIVERSITY MARYLAND

