

NS Healthy Winter Skin

NS-7

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meet our contributors



Dr Kate Marsh

Food cravings can mean our bodies aren't getting enough nourishment, says dietitian and diabetes educator, Dr Marsh, in her article on page 50. "Many of my clients struggle with cravings and they can be a major hurdle when it comes to blood glucose and weight control. But, eating regularly and choosing low-GI carbs can help beat these cravings."

Dr William Sukala

When he isn't writing or lecturing, clinical exercise physiologist, Dr Sukala, is usually surfing. "I find that getting out in the ocean helps me feel great physically and keeps me on an even keel mentally," he says. In *Pop out and pep up!* (page 38), he discusses how even a little exercise can boost your mood.



Joanne Turner

Having diabetes doesn't mean you have to give up all the good things in life, like the occasional takeaway dinner, says *Diabetic Living's* dietitian and exercise physiologist. "Fast-food options can be part of a healthy diet, as long as you approach it the right way and use portion control," she says. Turn to page 31 to find out how to get about it.

Don Jaeger

When *Diabetic Living* reader Don, who has type 2, shed 30kg, he gained a profound quality of life, as he writes on page 130. "Losing weight feels good, but the toning is the icing on the cake. The ripple effect keeps surprising me. Two years ago [at 120kg], I wouldn't have considered taking part in the Sutherland to Surf Fun Run. This year, I am!"



Monique Gill

Memorising a few key numbers can help you take control of your wellbeing, says writer Monique on page 24. Linking a number to a specific health benefit jogs her memory, like the number 10. "Exercising for 10 minutes somehow seems more manageable than aiming for 30 minutes, even if I have to do so three times a day," she explains.

POP out and pep UP!

It may be chilly outside, but staying active in winter boosts energy levels and lifts your spirits – just arm yourself with the confidence to get out there.

Cooler weather and short daylight hours encourage many of us to hibernate in the winter months. But, although staying indoors, slowing down and sleeping longer may seem the most comforting way to see out the season, research increasingly shows that this has a negative impact on our health and happiness.

"In summer, people are happy to go outside, do activities and a little exercise and get some exposure. But with the change in seasons, there may be fewer opportunities to do the things that buoy your spirits, maintain happiness and keep your circadian rhythms in balance," says Associate Professor Michael Balgent, clinical adviser to Beyondblue, the National Depression Initiative. "In winter, people may do less of these enjoyable things and their moods can flag a bit, but that's not to say you've got a clinical diagnosis of depression."

Whether or not you're prone to the winter blues, regular exercise – ideally outside, in daylight – is shaping up as one of nature's most





effective spirit-lifters for people with diabetes. Exercise tones your body, aids blood sugar control and finetunes your metabolism, with the added benefit of fighting seasonal weight gain. But a growing body of scientific evidence now shows it can also beat back the blues and turn that frown upside down.

"There are many ways that exercise contributes to increased happiness and life satisfaction," says psychologist Fiona Cosgrove of Wellness Coaching Australia. "The brain chemicals that are released when you exercise lift your mood, and it has been shown that not exercising is a depressant!"

A US study of more than 2000 people, aged around 60, with type 2 diabetes found that those with lower levels of physical activity tended to find less pleasure in life. On the flip side, Dutch researchers found that a group of people of a similar age, with type 2, enjoyed significant emotional and physical benefits from exercise. Participants in a six-week program of moderate-to-high-intensity aerobic cycling, three times a week, emerged with noticeably better psychological wellbeing and energy levels. They felt happier and livelier, and experienced less anxiety. This prompted researchers to conclude these psychological >

Get with the program!

Worried that your diabetes stands in the way of exercise? All the more reason to see your GP for a check-up and sign up to Medicare's Chronic Disease Management Plan. Your GP can refer you to an accredited exercise physiologist for up to five free consultations per year. The exercise physiologist can assess your exercise capabilities, then work with you to design an exercise program to suit your needs. For more information on the role of an exercise physiologist, visit www.essa.org.au.

benefits may have stemmed from their enhanced self-esteem and confidence in their ability to rise to an exercise challenge.

The mind-body benefits of getting physical are undeniable. So what's standing in your way? Finding the time can be an issue, especially if you work full time. Health concerns are another hurdle, particularly if you've been inactive for a while.

"If you've been away from exercise for a long time, you may be nervous that it will cause a hypo or that, if you have high blood pressure and are obese, it will increase your risk of having a heart attack," says Dr Suzanne Broadbent, accredited exercise physiologist at Exercise & Sports Science Australia and senior lecturer in chronic conditions at Melbourne's Victoria University.

"The good news is that regular, moderate-intensity exercise reduces the risk of a heart attack by improving risk factors such as elevated cholesterol and blood pressure. It helps manage blood glucose levels and body weight, and improves balance and gait, which

can reduce your chances of falling. Furthermore, receiving instruction from an exercise physiologist can help give you just the boost in confidence you need to safely get back to exercise," adds Dr Broadbent.

Sometimes, just getting over that initial hump and getting started is the necessary catalyst to a happier life.

The mind-body benefits of getting physical are undeniable.

"Experience has shown that starting and maintaining an exercise program is the first step to making positive changes in other areas of your life," says Fiona. "Anxiety is reduced in the short term but, in the long term, the vitality and energy derived from exercise will help you focus on other challenging tasks and provide a sense of purpose in your life. Heightened feelings of self-efficacy and, ultimately, a greater sense of self-esteem are inevitable.

Sure steps to success

From getting started to feeling the benefits of regular exercise, these five steps will show you the way to a fitter – and happier – you.

STEP 1

Getting over the hump

The hardest part is getting started. You feel hesitant, tire easily and wonder if you can stay the distance. But keeping your eye on the prize is the motivation to stick with the program and push forward.

STEP 2

Shaking off the cobwebs

Two weeks in. You've stuck to your guns, ticked off your morning walking sessions. You feel energised and are proud of your efforts. You may not be seeing physical results just yet, but you feel much better.

STEP 3

Making good headway

You've cleared the month mark and are really getting the hang of it. Your workouts are still challenging, but your BGLs are improving and stay controlled for hours after exercising. Your clothes may even feel a bit looser.



Ready, steady, GO

These easy strategies will help get you up and running and keep you on track.

○ Choose your exercise

Walking is one of the easier and more practical exercise options. But, if you prefer another type of exercise, such as riding a bike or swimming, then it's best to opt for the form of exercise you enjoy the most and will stick with on a regular basis. If you have limited mobility, seek out guidance on exercising from a chair, using weights or exercise bands to tone your muscles.



○ Seek out company

Exercise with friends, family, co-workers or even the dog. A US study found that social support positively influences exercise habits through enhanced self-efficacy. In a Turkish study, social support was also associated with greater quality of life.

○ Use visual cues

Keep your exercise shoes, clothes and any equipment you use in a conspicuous place (for instance, near the door) so you won't forget them on your way out. Take it a step further and put the car or house keys in your shoes.



○ Pick a pleasing place

Enhance the emotional side of your experience by exercising in beautiful surroundings. Walk in your local park or by the ocean. Try to exercise in ➤

STEP 4

Reaping the rewards

Two months on, and you feel physically and mentally stronger. You can walk at a faster pace. You look forward to exercising and no longer feel intimidated by activities that seemed beyond you eight weeks ago.

STEP 5

Breaking the barrier

It's been three months. You're feeling confident in your ability to take on bigger physical challenges. You seek out opportunities to be active and ask friends to join in – so much more uplifting than sitting at home.

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Pamper extremely dry skin with this highly emollient balm which helps rehydrate your skin and seal in your skin's moisture.



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FOR FACE:

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FOR FEET:

QV FEET HEEL BALM

By exfoliating dead and dry skin, even rough feet will feel soft and smooth. Ideal for cracked heels and suitable for other areas of dry, toughened skin such as knees, elbows and hands.



QV Skincare products are free from soap, lanolin and fragrance.

The QV Skincare range is available from your pharmacy and Priceline.

www.qvskincare.com.au



Have fun

A game of family footy or lawn bowls is a great way to strengthen relationships and stay healthy. According to a US study, greater access to sports facilities increases physical activity levels, which translates to improved self-reported happiness.

Make a stand

Spending more time standing – rather than slouching down in a chair – helps improve your posture, stoke your metabolism and keep your BGLs under control.

Walk on by

Avoid using lifts, escalators and public transport, if you can just as easily walk to your destination.

familiar surroundings and avoid dark, remote areas. On rainy days, walk around the shopping mall – but leave your wallet at home!

Go for gadgets

Use a pedometer to motivate yourself and aim for 10,000 steps a day. If you find you're easily reaching this target, try upping it to 15,000. Use a heart-rate monitor to help ensure you're working in your heart-rate training zone. Note down your activity and track your progress.

Train your brain

Exercise at the same time each day to rewire your brain and circadian rhythm. Your body will then come to expect the activity.

Are you just SAD?

For some of us, winter can bring feelings of gloom that may be a sign of a deeper malaise than sorrow at the passing of summer. It could be Seasonal Affective Disorder (SAD) – a mood disturbance linked with lack of exposure to light. Excessive

Professor Michael Baigent. "But, the amount of sun exposure you need to treat SAD in Australia is very easy to get, even in winter."

Combining exercise with exposure to early morning sunlight has added benefits. As well as

weariness, avoiding people and low spirits are symptoms of the hormonal imbalance that can result from SAD. The good news? Unlike more typical forms of depression, SAD symptoms occur only in winter.

"If you have complications that affect mobility and can't get into the sunlight, you could conceivably develop a type of affective disorder that may respond very well to some sun exposure," says Associate

access to daylight, which is important for keeping your body clock well balanced and your moods stable, you'll also top up your vitamin D level.

This is essential for keeping your bones strong and resistant to osteoporosis. But, wherever you choose to get physical, one of the most powerful motivators for winter exercise is knowing that you'll be fit, toned and trimmer when spring arrives.

