

SUPERCHARGE YOUR LIFE

Healthy living and inspiration
for people with diabetes

Superfood Spotlight: IN SEASON NOW: VINE-RIPENED TOMATOES



While available year-round, tomatoes are at their best when they are locally grown and plucked ruby red, straight from the vine. In many parts of the U.S., peak tomato season is in full swing. This means it's time to make the most of this flavorful summer treat.

Tomatoes are well-known for being rich in lycopene, an antioxidant that's been linked to a reduced risk of heart disease and certain cancers. Lycopene is a carotenoid—a type of plant compound—and is responsible for giving tomatoes their red color.

Generally speaking, the redder the tomato, the more lycopene it has. Orange and yellow tomatoes have less lycopene but may contain other health-supporting nutrients like beta carotene. Lycopene is most prevalent near the skin. On an ounce per ounce basis, lycopene may be most concentrated in products like tomato paste and ketchup. A word of caution often in the form of high-fructose corn syrup. Check the label when purchasing ketchup and look for brands with no added sugar instead.

Tomatoes are also a great source of a variety of other key nutrients. In addition to being low in carbohydrates and high in fiber, tomatoes also provide vitamin C, vitamin K, potassium, and folate. Also known as vitamin B9, folate has an important role in promoting normal cell growth and tissue function.

Healthy Living Tips: IS IT HIIT, LISS OR MISS? DECODING COMMON TYPES OF CARDIO

Although it might be best known for strengthening the heart and allowing it to pump blood more efficiently, cardiovascular exercise has important benefits for virtually all facets of health. Regular cardio can lower blood pressure, reduce asthma symptoms, and help regulate blood sugar. For this reason, many doctors recommend making cardio part of your routine for managing diabetes. Cardio can also boost your mood, improve sleep, immune, and cognitive function, and may even reduce chronic pain.

But while all cardio is beneficial, not all cardio impacts the body in the same way. In recent years, the benefits of HIIT (high intensity interval training) have become more well-known. You may have also heard terms like LISS or MISS, which refer to low and moderate intensity steady state training.

You might be wondering, which of these types of exercise is most beneficial and which one is right for you?

In reality, all of them have benefits (and drawbacks) and the right choice for you depends on your goals and fitness level.



Regardless of your fitness level, you can start seeing the benefits of cardio by choosing a program that's right for you. Try alternating between higher and lower intensity workouts.

LISS (Low intensity steady state) training is a great choice for beginners just starting a cardio routine, but it's also important for active recovery in more experienced athletes. The goal of LISS is to elevate your heart rate to about 65 percent of its maximum rate and maintain that pace for about 30 minutes or more. In other words, your pulse should be elevated, and you should be breathing harder than usual but still able to maintain a conversation. A brisk walk or easy hike are good examples of LISS training.

MISS (Moderate intensity steady state training) is what most people think of when it comes to a classic cardio workout. Think jogging on the treadmill or swimming laps. It can be a good choice for building up your cardiovascular endurance, but many MISS workouts are tougher on your joints and may make it harder to build muscle mass.

HIIT (High Intensity Interval Training) means alternating back and forth between short bursts of all-out effort and easy recovery sessions. It's a great way to build cardiovascular strength in a shorter period of time (an effective HIIT workout may only take 15-20 minutes). HIIT training also preserves muscle and strength gains. An example of a HIIT workout could be pedaling uphill as hard as you can for one minute on a stationary bike, and then taking two to three minutes to recover, depending on your fitness level, before repeating the process.

Intense exercise may not be appropriate for everyone and some types of HIIT training may carry higher risk of injury.

As always, be sure to consult your physician before starting any fitness routine.



Healthy Recipe: TOMATO SALAD WITH CUCUMBER AND HERBS

This fast, healthy salad brings together many of summer's best flavors. If you have some time, try making it a couple of hours in advance to allow all of the flavors to meld.

Ingredients:

- 4 ripe tomatoes, diced
- 4 Persian cucumbers, diced
- ½ a small red onion, diced
- Juice of one lemon
- Salt and pepper to taste
- Pinch of chili flakes
- 1 tablespoon extra-virgin olive oil
- About 1.5 tablespoons of chopped basil
- About 1.5 tablespoons of chopped cilantro or mint
- Crumbled feta cheese (optional)

To Prepare:

1. Combine tomatoes, cucumbers, and onions in a bowl.
2. Whisk together olive oil, lemon juice, fresh herbs, salt and pepper, and chili flakes.
3. Pour dressing over salad mixture and toss to combine. Top with feta.

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Quick Tips: HEALTHY DAY AT THE BEACH

Spending a day at the beach with family and friends is a great summer tradition. Here are some quick tips to help you stay healthy and comfortable:

- Check the UV index and cover up with a hat
- Remember to stay hydrated, especially when swimming when you may not notice sweat loss
- Reapply sunscreen about every 80 minutes or after swimming



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