

MARCH 2009 ISSUE

March is National Diabetes Month

Understanding Type 2 Diabetes



Type 2 diabetes is a problem of supply and demand. The pancreas supplies too little insulin to keep up with the increased demand that occurs with insulin resistance. For this reason, people with type 2 diabetes can be treated with therapies that decrease insulin demand, including exercise, diet, and drugs; with medications that increase insulin supply, such as Sulfonylureas, the oldest class of oral anti-diabetic medications, work by stimulating your pancreas to make more insulin. or meglit-

nides; or with insulin itself. A combination of abnormalities is responsible for type 2 diabetes. The first is probably insulin resistance, a condition in which body cells become less responsive to insulin. Therefore, the body must secrete more insulin to maintain normal metabolism. Insulin resistance, which is very common, doesn't cause type 2 diabetes by itself. The pancreas usually rallies to compensate for the resistance by pumping out more insulin. For most people with insulin resistance, blood sugar levels stay within a normal range. But for some, the insulin-producing cells eventually fail to keep up with the increased demand. Blood sugar levels rise, resulting in type 2 diabetes.



FWBC Faith Fitness
MINISTRY CHALLENGE
 March 28, 2009
 from 9:00AM - 11:00AM

Is Your Ministry Fit For the Kingdom?

We challenge you and your ministry to join us for a fun filled day of fun and very Challenging fitness stations and obstacle courses with Personal Trainers, Dimitrius Glen, Ashanta Lewis, Antonio Walker, and Lynetta Moore. A special fitness presentation will also be presented by the Fit Kids. Sign-up today in the Narthex at the Faith Fitness Table. All Ministries are urged to participate, as well as individuals, other churches and members. Bronze, Silver, and Gold medals will be awarded to winners. Get Your Ministry Ready Now See Ya There!

MOTIVATING THE MINISTRY TOWARD FITNESS!
 visit www.friendshipwest.org/faithfitness/html
 Click on Ministry Challenge.

Healthy Recipe: Turkey and Spinach Manicotti



This manicotti stays heart-healthy without sacrificing great taste by using ground turkey and fat-free ricotta cheese

Prep Time: 30 minutes
 Start to Finish : 50 minutes
 Servings: 4

- 8 uncooked manicotti pasta shells
- 1/2 lb lean (at least 90%) ground turkey
- 1 medium onion, chopped (1/2 cup)
- 2 teaspoons finely chopped garlic
- 1 cup fat-free ricotta cheese
- 1 teaspoon Italian seasoning
- 1 box (10 oz) frozen organic cut spinach, thawed, squeezed to drain
- 2 tablespoons finely shredded Parmesan cheese

1. Heat oven to 375°F. Spray bottom and sides of 11x7 inch (2 qt) glass baking dish with cooking spray.
2. Cook pasta shells as directed on box, omitting salt. Rinse with cool water; drain well. Spray 10 inch nonstick skillet with cooking spray. Cook turkey, onion and garlic over medium heat about 5 minutes, stirring frequently, until turkey is no longer pink. Remove from heat. Stir in ricotta cheese, Italian seasoning and spinach.
3. Spoon turkey mixture into shells; arrange in baking dish. Spoon marinara sauce over shells. Bake uncovered 20 to 25 minutes until hot and bubbly. Sprinkle with Parmesan cheese. Bake uncovered 25 to 30 minutes (High Altitude 3500-6500 ft.)

Congratulations!!!

Faith Fitness Family of the Month

Jessica, Jazmine, and Jeffery Harper, — the February Faith Fitness Family Members of the Month. The Harper Family have been members of the Faith Fitness program for over 2 years and have made great strides in improving their overall family health. Jessica has lost over 10 pounds and a whole lot of inches and body fat over the last 6 months, Jazmine is a part of the Duncanville Girls Basketball and Track team, plays in the school marching band and assist in keeping the teenagers and class participants motivated with her energy and humor, Jeffery joins his family on Tuesday and Thursday for the Dance for Christ Swing out Class and shows great support for his family and the Faith Fitness Program at FWBC. Congratulations Harper Family and Thanks for setting the example of Family Health and Fitness. We Love and Support You All!