

WELLNESS FOR LIFE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 2025 BUSINESS BUZZ

National Gratitude Month

November is the perfect time to focus on gratitude: a simple but powerful practice that can boost mood, strengthen relationships, and improve overall well-being. Taking a few moments each day to reflect on what you're thankful for helps shift your mindset from what's missing to what's meaningful. Whether it's jotting down three good things, sharing appreciation with a friend, or pausing to enjoy life's small comforts, gratitude reminds us that there's always something to celebrate.

American Diabetes Month: Myths Explained

November is American Diabetes Month. Here are some common misconceptions about diabetes, and the truth behind them:

Myth: Eating too much sugar causes diabetes.

Truth: Type 1 diabetes is an autoimmune condition, and Type 2 is influenced by genetics, weight, and lifestyle – not sugar alone.

Myth: People with diabetes can't eat carbs or sweets.

Truth: They can enjoy these foods in moderation as part of a balanced meal plan.

Myth: Only older adults get diabetes.

Truth: Diabetes can affect people of any age, including children and young adults.

Myth: Insulin cures diabetes.

Truth: Insulin helps manage blood sugar, but it's not a cure – ongoing care and lifestyle habits are key.

Soup Season – Healthier Soup Swaps

Nothing beats a warm, satisfying soup on a cool fall day! Here are 6 ways to give your favorite soups an extra nutritional boost!

1. **Choose broth over cream.** Broth-based soups are lighter and flavorful! If you want a creamier texture, try blending vegetables like butternut squash or tomatoes.
2. **Go heavy on the veggies.** Carrots, celery, zucchini, peppers, spinach, and kale are all great additions to many soups. More veggies increases the fiber, vitamin, and mineral values of your dish and will keep you fuller longer.
3. **Use whole grains.** Instead of white pasta or rice, try whole grain varieties, quinoa, barley, or other whole grains. Even using half-white and half-whole grains can make a difference without impacting taste as much!
4. **Pick lean proteins.** Lean meat swaps are easy to make, and add beans or lentils for even more fiber and nutrition!
5. **Cut back on salt.** Find low-sodium broth options, and season with other herbs or spices.
6. **Choose smart toppings.** Fresh herbs, avocado, plain Greek yogurt, and toasted seeds or nuts can be fun additions to your soups!

NOVEMBER EVENTS

Sun Nov 2

Thunderbridge 5K 1:00p

Thurs Nov 6

Fit Teens Orientation Board Room
4-5:30

Sat Nov 8

Tigersharks Mini Meet 8a-12p
Puzzle Palooza 5p @ Occasions
Family Movie Night Elio 5:30p

Tues Nov 11

Basketball Pictures 5:00p

Mon Nov 17

Adventure All Day – Sky Zone bus
leaves at 8:30

Sat Nov 22

Tigersharks Swim Meet 8a-4:30p

Thurs Nov 27

Closed for Thanksgiving