

## Regular Exercise Can Help Fight Diabetes

March 21 was American Diabetes Day, a time devoted both to raising awareness of, and fighting against, this disease. In her new book, EXERCISES FOR DIABETES Erin O'Driscoll, RN, MA, helps people with diabetes take control of their bodies and gain strength, courage, and confidence.

Over 18 million Americans have some form of diabetes. In addition to diet and insulin regulation, there is one thing every diabetic can do to take control of their health: Exercise.

Study after study has shown that exercise can lower blood glucose, blood pressure, and cholesterol. It reduces the risk of heart disease and stroke, relieves stress, and strengthens the heart, muscles, and bones. Exercise also helps insulin work better,

improves blood circulation, and keeps joints flexible.

There are several different modes of exercises that are important to diabetics - aerobics, strength training, warm-ups, and cool-downs. Aerobic exercise strengthens the heart and keeps the exerciser's muscles warm. Strength training builds endurance, while improving both joints and muscles. Warm-ups and cool-downs are essential for the safety of the exerciser. EXERCISES FOR DIABETES gives various examples of each with easy to follow pictures and detailed instructions.

Here are some of the exercises O'Driscoll recommends:

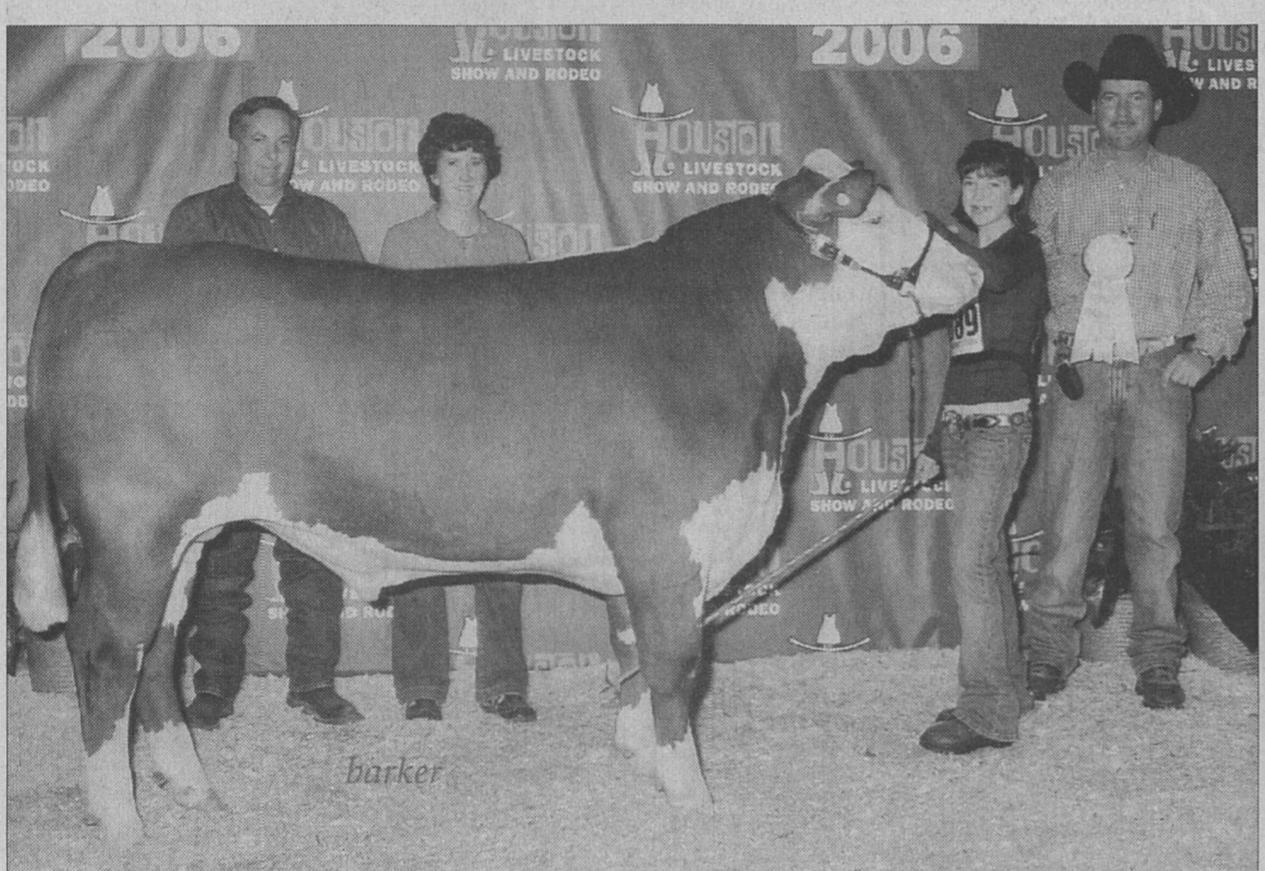
**Aerobic Tap Backs:** Start with your feet together. Tap your right foot to the back and return it to center, tap your left foot back and return it to center. Alternate tapping the right and left foot to the back as you press both arms to the front.

**Lateral Raises for Strength:** Start with your arms at your sides and your feet shoulder length apart. Stand tall with your head in line with your spine. Keep your hips neutral. Raise your right arm to the side, up to shoulder height, pause at the top, and slowly lower the arm back down to your side. Repeat with the left arm. Alternate lifting and lowering the right and left arms.

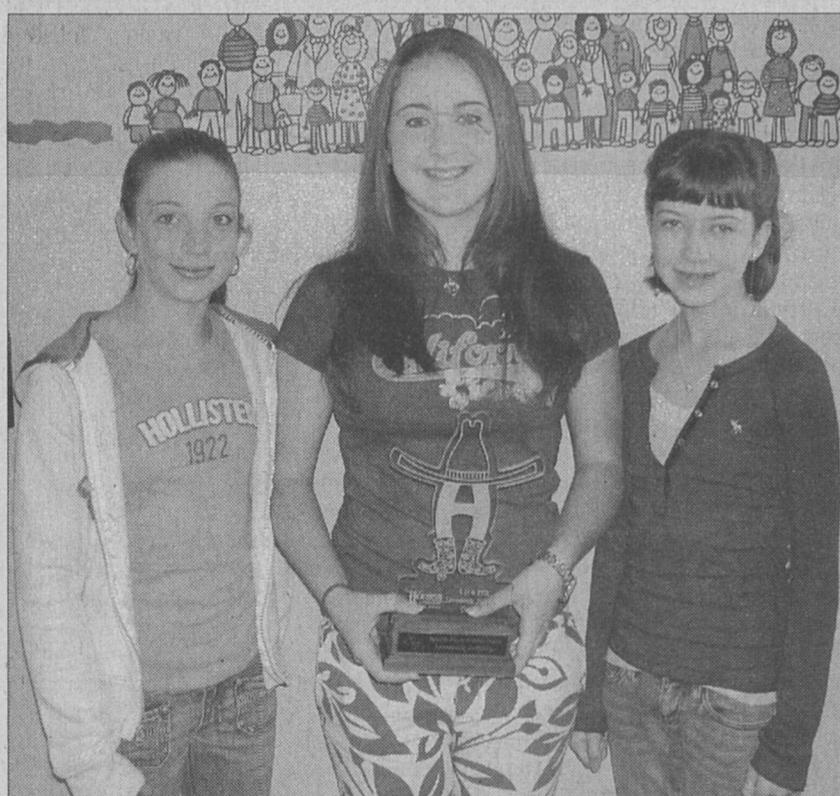
**Warm-up or cool-down with a back rotation stretch:** Lie on your back and slowly drop both knees to the right

side. Let your arms reach out to the opposite side and turn your head in the direction of your arms. Holding the stretch, slowly bring your knees to the center and then gradually drop them to the opposite side. Again, the arms reach out in the opposite direction.

**EXERCISES FOR DIABETES** is available in bookstores everywhere, or by calling 1-800-528-2550.



Competing in the Junior Market Steer Show at the 2006 Houston Livestock Show & Rodeo, Emily Mahalite, received a fourth place ribbon with her 1326 lb. Heavyweight Polled Hereford Steer named Shaq. Emily is the daughter of Stephen and Mary Mahalite. This placing qualified her to sell her steer at the the steer auction. Pictured from left are: Sam Skinner, Mary Mahalite, Emily Mahalite, and Stephen Mahalite.



The Rice Consolidated FFA Jr. Livestock Judging team recently participated in the Houston Livestock Show and Rodeo. The team consisting of Emily Mahalite, Jordan Mahalite, (daughters of Stephen and Mary Mahalite) and Kari Beth Mahalite (daughter of Al and Janet Mahalite) placed 4th out of 109 teams. Kari Beth placed 12th high individual out of 355 individual contestants. All three girls attend Garwood Jr. High. Congratulations girls!

## Texas Milk Production Up 15 Percent

Texas milk production totaled 570 million pounds during February, up 15 percent from last year's production of 495 million pounds. January 2006 production totaled 600 million pounds.

The number of milk cows during February averaged 325,000 head, up 8,000 head from last year and unchanged from the January 2006 number.

Production per cow averaged 1,755 pounds during February, 195 pounds more than last year but 90 pounds less than January 2006.

Milk production in the 23 states participating in the monthly survey totaled 13.0 billion pounds, up 5.9 percent from production in these same states in February 2005.

January revised production, at 14.0 billion pounds, was up 5.5 percent from January 2005.

Production per cow during February averaged 1,588 pounds, 66 pounds above a year ago.

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