

Health and nutrition run side by side in diabetes prevention



Team Diabetes Canada Participant Ann Kask at the 2006 Dublin Marathon.

(NC)—We all know that exercise plays an important role in everyone's general health and quality of life. However, most find it difficult to figure out how to make smart choices when it comes to getting the nutrition we need to stay

healthy and prevent disease like type 2 diabetes.

Ann Kask of Campbell River, BC is making it easy for people to learn about healthy eating by writing and selling a series of cookbooks, based on local recipes, to raise funds as a participant in the Canadian Diabetes Association's Team Diabetes Canada marathon program. Ann's cookbooks are available by contacting her at info@kaskgraphics.com.

Established in 2000, Team Diabetes Canada provides people from all walks of life the opportunity to either walk or run a full or half marathon or shorter distance race in exciting Canadian and international locations. The program prepares you for the physical challenge and provides the support needed to achieve your fundraising and training goals. More detailed information is available at teamdiabetes.ca, or 1-800-BANTING.

"Having a husband living with type 1 diabetes for over 45 years, a passion for healthy local cuisine and a determination to promote the link between a healthy lifestyle and preventing type 2 diabetes is the recipe I used to successfully train and walk in the 2002 Bermuda Marathon," said Ann Kask, a 60 year old graphics shop owner.

Since then, Ann has completed four additional marathons and is currently training to run in the 2008 Barcelona Marathon.

- News Canada
Word Count: 240

Team Diabetes creates a strong bond with your health



Team Diabetes Canada Participant Perry Monaco at 2001 Dublin Marathon.

(NC)—People are usually advised to face their problems head on. Over four years ago, 30-year-old Perry Monaco of Mississauga, Ontario took that advice an extra step by joining Team Diabetes Canada, training to run in the Dublin Marathon and raising \$25,000 for the Canadian Diabetes Association in an effort to lower his high risk of developing type 2 diabetes.

"Joining the team changed my life by providing a fun and proactive way of improving my health and raising awareness about the relationship between an active healthy lifestyle and preventing the onset of type 2 diabetes," said Perry Monaco.

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Since joining Team Diabetes Canada, Monaco has participated in seven marathons and raised approximately \$150,000 for the Canadian Diabetes Association. In 2008, he plans to dedicate his fundraising efforts to the memory of a dear friend who recently passed away due to complications as a result of type 1 diabetes.

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Team Diabetes participant to walk in Honolulu Marathon thanks to wife's donated kidney

(NC)—On his 16th birthday Johnson John of Ottawa, Ontario looked forward to getting his driver's licence not a lifetime of living with type 1 diabetes and its complications.

Like over two million Canadians living with diabetes, Johnson's daily routine for the past 25 years has included injecting himself with insulin two, sometimes three times a day, testing his blood glucose level several times a day, and keeping his blood pressure under control.

With all of that, you would think that the last thing on Johnson's mind would be to train for a 10-kilometre race in Honolulu. However, despite undergoing 9 hours of dialysis treatment every day due to diabetes-related kidney failure, in December 2006, Johnson, his wife Kendra and daughters Taylor and Stephanie surprised everyone they knew by joining Team Diabetes Canada, raising \$12,500 for the Canadian Diabetes Association and walking in the Honolulu Marathon's 10k event.

"The medical complications I was experiencing compelled my wife to find a way to help increase public awareness about diabetes," said Johnson John. "A radio ad for Team Diabetes sparked her interest and we joined this unique marathon training program which

proved to be the most incredible experience of our lives."

Established in 2000, Team Diabetes Canada now provides people from all walks of life the opportunity to either walk or run a full or half marathon or shorter distance race in exciting Canadian and international locations. The program prepares you for the physical challenge and provides you with the support needed to achieve your fundraising and training goals. More detailed information is available at teamdiabetes.ca, or 1-800-BANTING.

Johnson and his family were overwhelmed by the support they received from volunteer trainers and fellow participants during the training period and at the marathon. Despite a recent downturn in his health that led to total kidney failure and the need for a transplant, Johnson and his wife decided to work extra hard to raise even more money for the 2007 event in Honolulu.

Last February, Kendra successfully donated a kidney to her husband and both are recovering nicely. Johnson added that the new kidney and new lease on life inspired his entire family to go the extra mile by trying to raise \$25,000 for the association and walk the Honolulu Marathon 10k this December.

- News Canada
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Team Diabetes Canada Participants Johnson John with wife Kendra and daughters Stephanie and Taylor at 2006 Honolulu Marathon.

Wife's donated kidney allows Team Diabetes participant to walk in Honolulu Marathon



Team Diabetes Canada Participants Johnson John with wife Kendra and daughters Stephanie and Taylor at 2006 Honolulu Marathon.

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Marathon training program delivers diabetes awareness to the world

(NC)—Established in 2000, Team Diabetes Canada is a sports fundraising program for the Canadian Diabetes Association that provides people from all walks of life with the opportunity to either walk or run a full or half marathon or shorter distance race in exciting Canadian and international locations. The program not only prepares participants for the physical challenge but also provides the support needed to achieve their fundraising and training goals.

All team members receive the following benefits:

- Guaranteed race registration
- Accommodation and round-trip airfare
- Expert, individualized online training support
- Fundraising support and materials
- Official Team Diabetes gear

Participants increase public awareness of the disease by inspiring their communities to get active and involved. They create lifestyle changes reducing the risk of obesity and type-2 diabetes while raising funds in support of the association. Acting as role models in their local communities, participants expose the reality of diabetes and the significance of the cause throughout Canada and abroad. More detailed information is available at teamdiabetes.ca, or 1-800-BANTING.

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