Call it a lifestyle intervention.

LifeSmart puts Beaver woman on a path to a healthier lifestyle

By Marsha Kaeder

A lmost before dawn’s early light — find Rebecca White dustingly walking on a treadmill.

Like brushing her hair or brushing her teeth, exercising and watching what she eats are now part of her daily ritual — a proactive path to a healthier lifestyle.

A little more than a year ago, the Beaver woman, an administrative techni-
cian at Women’s Health Center in Center Township, received a wake-up call.

Routine lab tests, part of her annual physical, showed her fasting blood sugar “creeping up,” prompting her doctor to order a more specific test that provides an overview over three months.

“Once it’s diagnosed, it doesn’t go away. It’s something you manage for the rest of your life,” said Erika Sheffield, a nurse, registered dietitian and LifeSmart lifestyle coach coordinator.

The six-month program consists of three months, followed by one session every three months.

“Once it’s diagnosed, it doesn’t go away. It’s something you manage for the rest of your life,” said Erika Sheffield, a nurse, registered dietitian and LifeSmart lifestyle coach coordinator. She said the rate of obesity in this country is “increasing at an alarming rate.”

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Time to prepare for a Valentine’s day special

It’s Valentine’s Day and my husband and I are planning to go for a romantic dinner at an Arby’s value meal. We’re ready to celebrate our Valentine’s Day, but we’re also aware that our children have not expressed any interest in anything romantic.

We’ve decided to give our children a gift card for Valentine’s Day. We want to surprise them with a special meal, and we think that a gift card will be a perfect choice.

“Your children will love it,” my husband said. “They’ll appreciate the gesture.”

“I agree,” I replied. “It’s a simple way to show them that we care.”

We’re looking forward to the celebration and the enjoyment of a delicious meal. Valentine’s Day is a special occasion, and we want to make the most of it.