



#BAHAFit

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Welcome

Welcome to our inaugural #BAHAFit healthy living blog. ! This blog is brought to you by the members of the Physical and Mental Health Committee of the Bay Area Houston Alumnae Chapter of Delta Sigma Theta, Inc. The mission of our committee is to encourage positive mental and physical fitness attitudes for the Bay Area Houston Alumnae service region by collaborating with organizations and agencies in our community. The purpose of this health blog is to facilitate this mission by providing helpful information, health awareness and inspirational stories. Don't keep this blog a secret, feel free to share with friends and family. It's all about awareness !



Health Topic of the Month



November is National Alzheimer's Disease Awareness and National Family Care-giver's Month. According to eldercareathome.org, more than 5 million Americans are living with Alzheimer's and 15.4 million family and friends provide care to those with Alzheimer's and other dementias.

Click here to read the following awareness articles about Alzheimer and caregiving.

<http://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/mental-health-and-relationship/get-support-if-you-are-a-caregiver>

https://d2cauhfh6h4x0p.cloudfront.net/s3fs-public/ad_fact_sheet-2015_update-final.pdf

Healthy Living Spotlight



This month's spotlight is on Yolanda Baker. Soror Baker is the president of Bay Area Houston Alumnae Chapter and she is setting an awesome example of a healthy lifestyle.

[Click here to read her healthy living journey.](#)

Healthy Recipe of the Month

Low Fat Broccoli Chicken Stir Fry

November is American Diabetes Awareness Month so we are highlighting a meal that is low in sugar and carbohydrates .



[Click here to get the full recipe](#)

*Recipe Courtesy of: <http://www.food.com/229491>

November Local Health Events

- * American Heart Assoc. Bay Area Heart Walk 11/14
- * Walk to End Alzheimer's 11/7
- * Houston Running Calendar
- * Brazoria County Health Department
- * Harris County Health Department