

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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To all our superb Winstars Dads!



Leah

Gymnastics & Diabetes

Leah had already been through so much medically before she was diagnosed with diabetes at the age of 7 years old. "Leah had her thyroid removed at four years old as a result of Graves disease and could possibly develop other autoimmune diseases." states Shannon, Leah's mom.

Several years after her first medical situation, Leah began to drink lots of fluids and was eating more than usual. But, at the same time she began to lose weight. Upon going to the emergency room one day, Leah was immediately admitted, diagnosed with Type 1 diabetes, and administered with insulin.

This was a frightening time for Leah and her family. Shannon, who works in healthcare, began to educate herself in all aspects of this disease and the family made a vow they would not change Leah's activities or lifestyle because of the diabetes. Shannon explained, "The most difficult part of having this disease, was explaining it to Leah and it was tough to answer the questions Leah had when the family didn't quite understand the disease". So, her parents explained you have a disease that others cannot see and there are many people in the world who have many other issues that all of us cannot see.

After being diagnosed, there were tough times especially with the constant pricks to her fingers in order to test her blood sugar. But now Leah has an omni pod (insulin pump) which was a game changer in her life. This device has given her so much independence as Leah can medicate herself with a PDM (personal diabetes manager which looks like a cell phone) after her parents give her the insulin dosage.

Now the most difficult part of managing Leah's diabetes is dealing with food consumption, says Shannon. Even though exercise is very important in regulating her blood sugars, Leah must ensure that she stocks specific food and snacks in case she has sugar highs or lows during these activities.

Gymnastics & Diabetes (cont'd)

Since Leah has been diagnosed with diabetes, life has not always been an easy one. Most children at the age of ten, sit down to have a meal or attend birthday parties without worrying what they are eating. That's not the case with Leah. Shannon stressed that even though she's young, Leah needs to learn maintain and react to her disease. Counting the carbohydrates is the crucial factor in determining how much insulin she will administer to herself. But all too often it's a waiting game as Leah must delay her eating after any insulin is taken.

Diabetes has not slowed this 10 year down that's for sure. Leah is a first-year competitive tumbler where she recently placed 8th at Ontario Trampoline Gymnastics Championships recently in Oshawa. In addition, Leah is on the competitive dance team at the Dance Barre. WOW, way to go Leah!

Over the last three years, Leah has become quite accustomed to dealing with her high and low blood sugar counts. She knows that normally a headache means that her sugar is high. On the other hand, when her sugar is low, she feels unstable, and hunger can be both present or absent.

All in all, Leah is dealing with her diabetes like a champion. She and her family feel the much needed support from those in the community with diabetes. There continues to be lots of research done in the medical field with diabetes. The family will always partake in the Juvenile Diabetes Research Foundation (JDRF) Walk which takes place annually in June.

We are so grateful that Leah can live beyond a full life while battling her diabetes. You're a great role model to all children and youth who might be dealing with diabetes. Go live your best life, Leah!



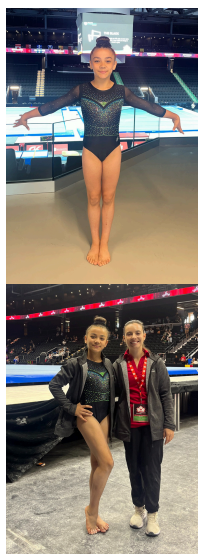
Make donations here: <https://jdrf.akaraisin.com/ui/jdrfwalk2024/g/41952>

CONGRATULATIONS Katarina!

Winstars wishes to congratulate Kat at her first Canadian National Championships in Gatineau, Quebec from June 5-9.

Kat placed 10th All Around and 8th on vault in the novice category.

We're so happy with your results. Onward and upward you go Kat!



Winstars Trivia



1. What stationary pose looks like a bird?
2. How long has Winstars been in existence?
3. What is under the floor exercise carpet?
4. What is a "Tada" for our wee ones?
5. What is the strong man event?
6. What Olympics was Canada's only gold medal?
7. What does CIT stand for in gymnastics?
8. What body part do we point with in gymnastics?

1. Stork stand 2. Since 2000 3. Two layers of wood with springs attached to bottom 4. A gymnast presentation 5. Still Rings 6. 2004, Kyle Shewfelt on FX 7. Coach-in-training 8. Feet



Summer Fun Gymnastics Camp



Winstars will be offering a summer camp program throughout July and August. The full day is for children 3-12 years and our half day for 3-5 years old.

The children will participate in gymnastics, arts & crafts, movie time, obstacle courses, and much, much more!

Our camps are extremely popular so make sure you register early! Check out our website at winstarsgym.com for more information.