



Greenbush Health



## Diabetes – Taking Control

*Taking control of your lifestyle is the first step in preventing and managing diabetes. Making a few simple changes in your diet, exercise, or stress level may help you avoid serious health complications in the future. It's never too late to start! Aim for progress, not perfection.*

### Try these simple steps to lowering your diabetes risk:

#### Tune Up Your Diet<sup>2</sup>

These changes in your diet can have a big impact:

- Choose whole, unprocessed foods – specifically whole grains, non-starchy vegetables and lean protein sources including beans, nuts, poultry, or fish.
- Limit or avoid foods with added sugars and refined grains such as baked goods and cookies.
- Skip sugary drinks and choose water instead. Aim to drink  $\frac{1}{2}$  your body weight in ounces a day!

#### Get Active

Every two hours spent watching TV instead of being active can increase the chance of developing diabetes by 20%.<sup>2</sup>

- Exercise helps lower blood sugars by moving sugars into cells to be used for energy.
- Start exercising during your favorite shows & build up to a brisk 30-min walk each day for maximum benefits.
- Regular exercise combined with weight loss can significantly reduce diabetes risk. Every pound you lose can improve your health!<sup>1</sup>

#### Think Positive and be good to yourself<sup>4</sup>

Stress can impact your blood sugar and your overall health.

- Seek help for managing stress. Talk to a friend, counselor, health coach or join a support group. Check with your Doctor for local groups in the area.
- Celebrate success, but don't beat yourself up if you fall short of a goal. Do the best you can, and adjust your expectations to take into account things that are beyond your control.

#### Sources:

- 1.<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>
- 2.<https://www.hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/preventing-diabetes-full-story/>
- 3.<https://www.cdc.gov/diabetes/managing/problems.html>
- 4.<https://www.diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors/healthy-coping>