

# DIABETES

## WHAT'S IT ALL ABOUT?



## Diabetes Prevention



**What tools can you use to lower your chance of getting diabetes?**

- >> Exercise regularly
- >> Reduce fat and calorie intake
- >> Achieve and maintain a healthy weight
- >> Control high blood pressure
- >> Lower high cholesterol levels

*"An ounce of prevention is worth a pound of cure."  
- Benjamin Franklin*



### **Tools for getting regular exercise:**

- >> Use a pedometer or smart phone app to track your daily steps.
- >> Get the family moving- take family hikes, bike rides or walks.
- >> Join a recreational sports league.
- >> Sign up for a 5k run/walk, having an event as a goal can help keep you motivated.

### **Tools for losing weight:**

- >> Choose whole grains, lean proteins, fruits and non-starchy vegetables every day.
- >> The less processed the better!
- >> Use less salt. Aim for less than 2,400 mg per day.
- >> Choose water and calorie free drinks over soda and sugary drinks.
- >> Choose liquid oils for cooking instead of solid fats.
- >> Eat smaller portions, spread out over the day.

### **Tools for lowering blood pressure and cholesterol:**

- >> Know your levels- have your blood pressure and cholesterol levels checked.
- >> Exercise most days and reduce sodium and saturated fat in your diet.
- >> Work with your doctor to establish a plan to lower your levels.

Health & Wellness materials are provided for general informational purposes only and are not medical advice. Consult your physician before starting an exercise program or if you have concerns about your health or your family's health.