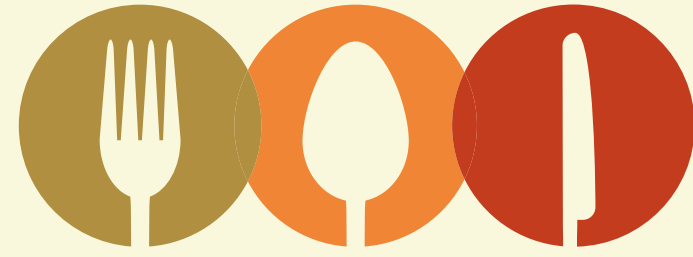


• DIABETES AWARENESS •

TIPS TO FALL INTO HEALTHY LIVING

EATING HABITS



The Plate Method - start with a 9-inch dinner plate:

- Fill half with non-starchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, and carrots.
- Fill one quarter with a lean protein, such as chicken, turkey, beans, tofu, or eggs.
- Fill a quarter with a grain or starchy food, such as potatoes, rice, or pasta (or skip the starch altogether and double up on non-starchy veggies).

This is a simple, visual way to make sure you get enough non-starchy vegetables and lean protein, and limit the amount of higher-carb food that has the greatest potential to spike your blood sugar.

PHYSICAL EXERCISE



The goal is to get at least 150 minutes per week of moderate-intensity physical activity. Also, on 2 or more days a week, include activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Examples of moderate-intensity physical activities include:

- Walking briskly
- Dancing
- Doing housework
- Swimming
- Mowing the lawn
- Bicycling

Being active makes your body more sensitive to insulin (the hormone that allows cells in your body to use blood sugar for energy), which helps manage your diabetes.

MANAGING STRESS



If you're stressed, your blood sugar levels can be affected too—stress hormones make blood sugar rise or fall unpredictably, and stress from being sick or injured can make your blood sugar go up.

You can help lower your stress and anxiety by:

- Getting active: even a quick walk can be calming, and the effect can last for hours.
- Doing some relaxation exercises, like meditation or yoga.
- Calling or texting a friend who understands you (not someone who is causing you stress!).
- Grabbing some “you” time. Take a break from whatever you’re doing. Go outside, read something fun—whatever helps you recharge.
- Limiting alcohol and caffeine, eating healthy food, and getting enough sleep.

