

# Living Well with Diabetes

### 6 Daily Habits for a Healthier Life

"Small steps every day add up. You can manage diabeties and live healthy!"

### Healthy Eating

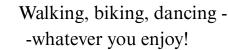
• Fill half your plate with veggies



- ½ with lean protein
- ½ with whole grains
- Cut down on sugary drinks

### 2 Stay Active

Aim for 30 minutes daily (2h and half per week)





## 3 Monitor Blood Sugar



Check as your doctor recommends

Keep a daily log

### 4 Take Medications



- Dont skip doses
- Pills, insulin, or other meds work only if taken regulary

#### **5** Reduce Risks



- Get regular check ups
- Eye and foot exams
- Monitor blood pressure
   and cholesterol

### 6 Cope & Problem Solve



- Lean on family, friends or support groups
- Dont go through it alone



