

# 12 ways to tackle diabetes and live healthy!

If you have diabetes, it's important to work together with your doctor to follow a plan for living healthy. Learn more ways to stay on top of your health and make changes that can help you live stronger and longer.

## 1 Eat on a regular schedule



Control blood sugar levels by eating at the same time each day, or eating several small meals a day.

## 2 Make meals well-balanced

Plan meals with a balance of fruits, vegetables, starches and proteins. Focus on foods that are high in nutrition and fiber and low in fat, calories and sugar.



## 3 Go for H<sub>2</sub>O

Choose water over juice and soda to stay better hydrated and sugar-free.



## 4 Exercise regularly

Add more movement to your day — aim for 30 minutes of exercise on most days of the week.



## 5 Take care of your feet

Wash and inspect your feet daily, and seek help if a cut, blister, sore or bruise does not start to heal on its own.



## 6 Brush and floss

Brush at least twice a day and floss at least once a day, and see your dentist regularly for dental exams.



## 7 Don't smoke

Smoking can raise your risk for diabetes complications such as heart attack and stroke. Talk to your doctor about ways to help you quit.



## 8 Know your numbers

Have your A1C, blood pressure and cholesterol tested as recommended by your doctor.



## 9 Have regular checkups

In addition to the diabetes checkups recommended by your doctor, be sure to schedule yearly physical and eye exams.



## 10 Stay up-to-date with immunizations

Talk to your doctor about any immunizations you need to help you stay healthy.



## 11 Reduce stress

When you're stressed, it can be tougher to exercise, eat right and manage your blood sugar. Find ways to relax and get plenty of sleep.



## 12 Seek support if needed

Talk to your doctor, join a support group or take classes to learn more about managing diabetes.

