

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 H₂O

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



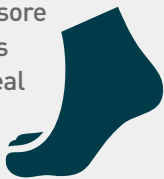
4 Exercise regularly

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.

