

AUGUST Diabetes Awareness Month

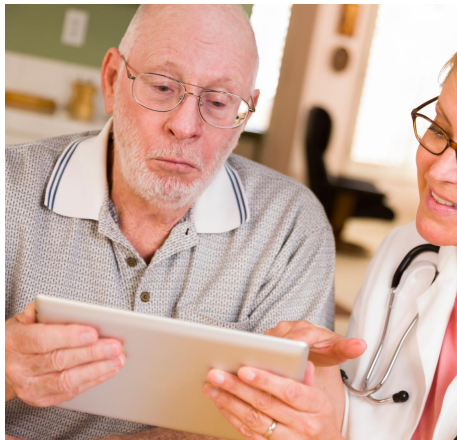
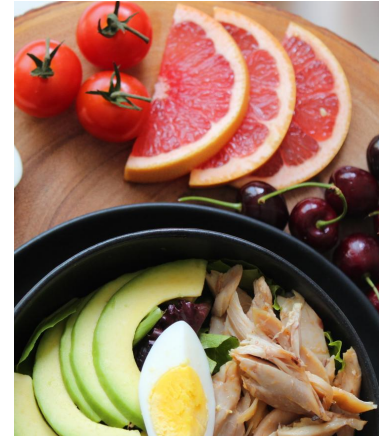
Successful management of diabetes does not happen overnight, but these tips can help you or your loved ones take it in stride. See these tips below for living well with Diabetes.

SEE THE BIG PICTURE:

What's most important to you? Being fit for yourself and your family? Having fun? Having energy? Everything you do to take care of yourself gives you more of what matters most.

BE ACTIVE:

Exercise is still one of the best tools for managing diabetes, and it's free! Break a sweat regularly, but also find little ways to be active throughout the day, like climbing stairs and walking.



EAT WELL:

Write down or take photos of all your meals and snacks. This one trick makes you much more aware of everything you eat and helps you stay in control. Make family favorites with a twist: substitute veggies for some of the rice or pasta, or blend veggies until smooth and add to sauces.

MANAGE STRESS:

Taking a walk can help you unwind, and the effect can last for hours. Try meditation or yoga to slow down/relax. Call or make plans to get together with a friend who understands you.

KEEP IT SIMPLE:

For new habits, start small. Little successes make it easier to take on bigger goals. Make goals specific. Instead of "I'm going to get in shape," think "I'm going to walk after dinner on weekdays." Make good choices easier. Stick to just one or two healthy meal options for breakfast and/or lunch to make decisions easier.

KEEP LEARNING:

Seek out education and support services to help you manage your health. Ask your physician, diabetes educator or search online. Make your health a priority and you'll discover the many ways you can live well with Diabetes. See full article at cdc.gov.

