

## **MANAGE DIABETES**

- **Eat a Healthy Diet:** Eating a balanced diet that is low in saturated fat, trans fat, and cholesterol, and high in fiber, fruits, vegetables, and whole grains.
- **Exercise Regularly:** Aim for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- **Maintain a Healthy Weight:** Maintaining a healthy weight can help to reduce the risk of diabetes.
- **Monitor Blood Sugar Levels:** Monitoring blood sugar levels can help to identify any changes in blood sugar levels that may indicate the onset of diabetes.
- **Monitor Blood Cholesterol:** High cholesterol can worsen glucose metabolism and increase risk for diabetes.
- **Quit Smoking:** Quitting smoking can help to reduce the risk of diabetes.
- **Limit Alcohol Intake:** Reducing or eliminating alcohol intake can help reduce the risk of diabetes and manage the symptoms of diabetes.
- **Get Enough Sleep:** Aim for 7-8 hours of sleep per night.
- **Manage Stress:** Managing stress through relaxation techniques, such as yoga or meditation, can help to reduce the risk of diabetes.
- **Monitor Blood Pressure:** Monitoring blood pressure can help identify any changes that may indicate the onset of diabetes.