

This product was developed by the RWJ Diabetes Self Management Program at Community Health Center, Inc. in Middletown, CT. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

# You Can Do It ! Are You Ready?

You can make choices that will help your diabetes  
There are 3 main areas in which you can make choices



## Eat Smart

- Use canola or olive oil
- Use sugar free drinks
- Watch portion size
- Cut down on red meat
- Cut down on fried foods
- Lose weight

- Eat more vegetables
- Use artificial sugar
- Use the "make a meal" sheets
- Take skin off chicken & fat off red meat
- Learn to count carbohydrates

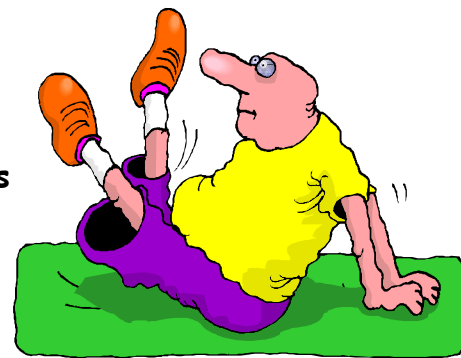
*Your own idea*

## Get Moving

- Take stairs
- Park far from store door
- Get an exercise video tape
- Walk everyday (home, mall)
- Find a friend and start walking together
- Walk to the park with your children or grandchildren

- Do chair exercises
- Walk the dog
- Join an exercise class
- Dance

*Your own idea*



## Personal Health Habits

- Check your feet everyday
- Brush twice a day
- Floss everyday
- Reduce or stop smoking
- Check your blood sugar as instructed
- Take your meds everyday
- See an eye doctor, a foot doctor or a dentist



*Your own idea*



# Are You Ready?