

# 10 SIMPLE STEPS

TO ENJOYING A HEALTHY  
LIFE WITH DIABETES

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1

## TAKE YOUR MEDICINES AS DIRECTED

- They only work if you take them



2

## CHECK YOUR BLOOD SUGAR AS DIRECTED

- Know what your number should be
- Know what to do if it is too high or low



3

## DO NOT SMOKE OR CHEW TOBACCO

- Get help to quit



4

### CHECK YOUR BLOOD PRESSURE OFTEN

- Write it down to show your doctor
- Know what your numbers should be



5

### EAT HEALTHY FOODS

- Add more fresh fruits and vegetables
- Cut down on fats, salt and sugar
- Watch your portion sizes



6

### BE ACTIVE 30 MINUTES A DAY MOST DAYS

- Walk, use a stretch band, dance, garden...



7

### CHECK YOUR FEET EVERY DAY

- Look for sores, blisters, color changes or hot spots



8

### GET HELP WHEN YOU FEEL DOWN

- Tell your doctor if the feeling doesn't go away



9

### RELAX AND ENJOY LIFE EVERY DAY!



10

### AT LEAST ONCE A YEAR:

- See your doctor
- Visit your diabetes educator
- See your dentist
- Get your eyes checked

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