

Health & Wellness

Tip of the Week

November is all about **Diabetes**. It is the perfect time to remind you about the importance of taking small steps to lower your chances of getting this disease.

Week 46
November 14, 2016

Make Diabetes Prevention Your Intention

You can do a lot of to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, losing a little weight, cutting out tobacco products, and lowering blood pressure and cholesterol levels can enhance your health. To help lower your risk of diabetes:

- Make a plan to change behavior.
- Decide exactly what you will do and when you will do it.
- Plan what you need to get ready.
- Think about what might prevent you from reaching your goals.
- If you smoke, enroll in a smoking cessation program.
- Find family and friends who will support and encourage you.
- Decide how you will reward yourself when you do what you have planned



Sources: National Institute of Diabetes and Digestive and Kidney Diseases



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