

100

WAYS TO ADD 2000 Steps*

It's not just what we eat that's important, but how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn in physical activity, you can enjoy an occasional treat and still avoid weight gain.

By walking an extra 2000 steps and reducing 100 calories each day you'll

see how easy it is to achieve the energy balance that can stop weight gain. Small changes in your daily activity will quickly add up to 2000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

*No one tip, by itself, will equal 2000 steps, but selecting a few of your favorites each day will get you well on your way!

AT HOME

Household chores, neighborhood walks, and errands are great opportunities for adding steps. Try these ideas for increasing your walking:

- 1** Circle around the block once when you go outside to get your mail
- 2** Walk around the outside aisles of the grocery store before shopping
- 3** Drive or walk to a nearby high school and go around the track: 4 laps equals approximately 2000 steps
- 4** Make several trips up and down the stairs to do laundry or other household chores
- 5** Pass by the drive-thru window and walk into the bank or restaurant
- 6** Stroll the halls while waiting for your doctor's appointment
- 7** Listen to music or books on tape while walking
- 8** Invite friends or family members to join you for a walk
- 9** Mow the lawn
- 10** Accompany your children on their walk to school
- 11** Take your dog for a walk
- 12** Start a walking club in your community
- 13** Walk to a nearby store, post office, or dry cleaners to accomplish errands
- 14** Catch up on the day's events with your spouse and children on an after-dinner walk
- 15** Walk to your place of worship for services
- 16** Pace around your house while talking on the phone

- 17** Buy a walking video so you can get in your steps on rainy days
- 18** Experience the splendor of a sunrise on an early morning walk
- 19** Spur your imagination by observing your neighbor's landscaping and gardens while you walk — incorporate ideas from your favorites in your own yard
- 20** Walk to a friend's house for a visit
- 21** Try "retro walking"; walking backwards distributes your weight more evenly (be sure you're in a safe area and are aware of your surroundings)
- 22** Focus on walking distance over speed, it's better to get in more steps at a comfortable pace than to burn out quickly

- 23** Keep a walking journal, in addition to tracking steps, jot down how you feel after returning from a walk-enhanced energy is a great motivator
- 24** Walk on a treadmill on rainy days or when it's too dark to walk outside
- 25** March in place while watching your favorite TV show
- 26** Put your grocery cart back in the store after you unload purchases
- 27** Boost the results of your walk by using trekking poles
- 28** Benefit a good cause by joining a charity walk
- 29** Sleep more soundly at night by taking a walk a few hours before you go to bed

AT WORK

Adding steps to your workday can help you reduce stress and stay alert. Try these ideas:

- 30** Go for a walk before starting your morning commute, you'll energize yourself for the day
- 31** Exit the bus 1 or 2 stops early and walk the remainder of the way
- 32** Walk to work if you live close enough
- 33** Refill your coffee cup at the machine farthest from your workstation
- 34** Visit the restroom on the far side of the building
- 35** Hold a meeting while you go for a walk
- 36** Designate 10 minutes of your lunchbreak to a quick walk
- 37** Avoid elevators and escalators: take the stairs instead
- 38** Park in the far reaches of the parking lot
- 39** Escape the stress of a difficult day by excusing yourself for a few minutes of walking
- 40** Walk to a nearby store to buy a treat for your co-workers
- 41** Start an office walking club
- 42** Ask co-workers to join you on a before or after work walk
- 43** Walk to co-workers desks to speak to them instead of sending an email
- 44** Create a step competition with fellow employees — see who can get the most steps in a day
- 45** Encourage your co-workers to join you on walks during breaks

46 Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift

47 Shake off the effects of your evening commute by walking before dinner

48 Walk around the campus of a nearby university or college

AT PLAY
Whether your leisure time is specifically for physical activity or not, there are plenty of ways to add more steps. Try these ideas:

49 Window shop while you pace through a shopping mall

50 Take the long route when browsing at a shopping center — don't visit the stores sequentially

51 Join a water walking class, the natural resistance of the water strengthens muscles

52 Tour a museum, zoo, or nature preserve

53 Circle around a swap meet or craft show before selecting your purchases

54 Strap a length of masking tape around your child's waist (sticky side out) so they can gather pretty leaves during the spring, summer, and fall

55 Vary your pace when walking, start out slowly then increase your speed, include short bursts of speed walking, then cool down with a slower pace at the end of your walk

56 Sign up for a community 5K or 10K walking/running event

57 Hike on a wilderness trail

58 Take up photography — walk through a scenic location on a hunt for photo opportunities

59 Drive to a new walking trail and explore the different scenery

60 Contact your local visitor's bureau or historical society and sign up for a walking tour

61 Volunteer to walk dogs for an animal shelter

62 Organize a community clean-up day and designate areas of the neighborhood for teams to walk through and remove debris as they go

63 Meet a Friend at a Restaurant you can walk to

64 Seek out bargains by walking through your neighborhood looking for garage/yard sales

65 Explore nature by keeping a field guide handy when walking

66 Skim the newspaper for upcoming events you can walk to such as a garden tour, high school play, or a concert in the park

67 Walk around the restaurant or parking lot while waiting to be seated

68 Drive to a neighboring community and tour its main street on foot

69 Watch for birds while walking; especially during the fall migration

70 Take a step aerobics class

71 Spend a day at the beach and walk the shoreline

72 Take a class in judo or karate

73 Reward yourself for step accomplishments — for example, every time you reach your step goal for the day put a dollar in a jar and save for a special reward

74 Get lost in a corn maze (many are set up during autumn)

75 Entice your kids to join you by turning a walk into a scavenger hunt

76 Stroll around the field while watching your child's sporting event

77 Play a round of golf but pass on the cart

78 Instead of talking on the phone with a friend, meet for a walk and talk

79 Walk with your kids to the local park.

80 Sign up for a water aerobics class

82 Play America's favorite pastime — baseball

83 Hit the tennis courts

84 Dance the night away at a club

85 Don't forget the household activities, such as scrubbing floors and vacuuming

86 Paddle away calories on a raft, kayak, or canoe trip

87 Tour a local trail by bike

88 Ice skate at a local ice rink

89 Try in-line skating through your neighborhood

90 Swoosh down the slopes try downhill skiing

91 Weed, hoe, rake, and prune—gardening is an everyday way to be more active

92 Snowshoe over hills and drifts in the colder months

93 Enjoy the calm of nature while crosscountry skiing on a trail

94 Swim laps in a pool — vary your stroke for the best results

95 Dive into a lake, river, or ocean for some summertime fun

96 Join a Tai Chi or Yoga class for flexibility and relaxation

97 Sign up for an aerobics session

98 Water-ski over the waves

99 Reverse your walking routine — start in the direction where you usually end

100 Ride your bike to accomplish errands such as going to the library or depositing your paycheck

VARIETY IS THE SPICE OF LIFE

Other activities can count toward your daily steps. Here are some ideas for adding "steps" through minutes spent in other physical activities:

81 Join a beach or indoor volleyball team or softball

100 Ways to Cut 100 Calories

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day.

To stop weight gain, most Americans need to do just two simple things:

- Add 2,000 more steps each day
- Eat 100 fewer calories daily

Small changes in the foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more! Make small changes each day and you'll see how easy it can be to achieve energy balance. No one tip by itself will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

BREAKFAST Give your day a healthy start

- 1 Select nonfat or 1% milk instead of whole milk
- 2 Use a small glass for juice and a small bowl for cereal
- 3 Savor a bowl of bananas, berries, low-fat milk, and sugar substitute
- 4 Substitute no-calorie sweetener for sugar in your coffee, tea, and cereal
- 5 Choose light yogurt made with no-calorie sweetener
- 6 Substitute no-sugar-added jelly or jam for the sugar-rich varieties
- 7 Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular

8 Split a bagel with someone or wrap up the other half for tomorrow

9 Use a nonstick skillet and cooking spray in place of butter to prepare your eggs

10 Select lean ham or Canadian bacon

11 Fill omelets with mushrooms, onions, peppers, and spinach instead of cheese and meat

12 Lighten up omelets and scrambled eggs with four egg whites or 1/2 cup egg substitute

13 Trade regular butter for light whipped or low-calorie butter substitute

LUNCH AND DINNER: Try lighter lunches and dinners

14 Try a veggie burger

15 Prepare tuna or chicken salad with fat-free mayonnaise

16 Grill your sandwich using nonstick cooking spray instead of butter

17 Stuff a pita pocket with more fresh vegetables, less meat, and less cheese

18 Pick water-packed tuna instead of tuna packed in oil

19 Wrap romaine and sprouts with smoked ham or turkey in a tortilla

20 Make your sandwich with light, whole-wheat bread

21 Skim the fat off soups, stews, and sauces before serving

22 Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese

23 Select soft taco size (6-8") flour tortillas instead of the larger burrito size

24 Choose 1% cottage cheese in place of regular

25 Substitute fat-free sour cream in recipes

26 Enjoy your salad without the croutons

27 Substitute 2 tablespoons reduced-calorie salad dressing for regular

28 Use low-fat margarine

29 Trim all fat from beef, pork, and chicken (also remove the skin from chicken)

30 Bake, broil, or grill chicken and fish rather than frying

31 Limit meat portions to 3-4 ounces (the size of a deck of cards)

32 Customize spaghetti sauce with fresh green peppers, zucchini, mushrooms, and onions instead of adding meat

33 Turn a mixed green or spinach salad into a main dish with grilled chicken, almonds, and blueberries, apples, or strawberries

34 Reduce cooked rice and pasta by 1/2 cup

35 Grill portabella mushrooms as a main or side dish in place of meat

36 Use 1 tablespoon less butter, oil, or margarine in your recipes

37 Reduce the amount of cheese in casseroles and appetizers

38 Season steamed veggies with fresh lemon and herbs

39 Use vegetable

cooking spray and nonstick cookware instead of butter, margarine, or oil

40 Omit or use half the amount of butter, margarine, or oil in macaroni and cheese, rice, pasta, and stuffing

41 Leave three or four bites on your plate

42 Eat slowly to make your meal last and reduce your urge for second helpings

DESSERTS: No need to eliminate desserts to cut calories

43 Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion

44 Make your own root beer float with sugar-free root beer and sugar-free, fat-free ice cream

100 Ways to Cut 100 Calories continued...

- 45** Have a single dip of ice cream in a cup instead of on a cone
- 46** Choose your piece of cake from the middle where there's less icing
- 47** Top angel food cake with berries instead of icing or chocolate sauce
- 48** Freeze blended fresh fruit into a sorbet
- 49** Select a cupcake rather than a standard slice of cake
- 50** Dish up slow-churned reduced calorie ice cream in place of regular
- 51** Enjoy seasonal fresh fruit instead of custard or pudding
- 52** Choose apple, blueberry, or peach over pecan or cream pie
- 53** Follow the low-fat directions when preparing brownie, cake, and cookie mixes
- 54** Share your dessert with someone else
- 55** Cut a half slice of cake or pie
- 56** Substitute half the oil in baking recipes with applesauce
- SNACKS:**
Curb hunger with healthy snacks
- 57** Freeze grapes or watermelon wedges for a popsicle-like treat
- 58** Blend a smoothie made from no fat yogurt, skim milk, and fresh fruit
- 59** Choose 4 ounces of sugar-free yogurt in place of an 8 ounce container
- 60** Control your portions by pouring one serving of pretzels or chips in a bowl instead of eating from the bag
- 61** For a colorful snack, mix fruit in a no-sugar gelatin
- 62** Try hummus with pita wedges
- 63** Enjoy canned fruit packed in water or natural juices instead of heavy syrup
- 64** Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball or eat half a bigger piece of fruit
- 65** Make kabobs with fresh fruit and reduced-fat cheese
- 66** Dip celery in lite cream cheese, apples in low-fat caramel, fruit in a yogurt/orange juice mix, or veggies in low fat dressing
- 67** Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit
- 68** Eat just one of the granola/snack bars and share the other or save it for later
- 69** Have one less handful of mixed nuts
- 70** Satisfy your chocolate craving by opting for one small fun size candy bar
- 71** Munch on a small bag of microwave popcorn with no added butter
- 72** Replace cookies with cubed and whole fresh fruit kabobs
- BEVERAGES:**
Look for lower calorie thirst quenchers
- 73** Substitute diet soda for regular
- 74** Pay attention to serving sizes, some cans and bottles contain two or more servings
- 75** Select diet flavored iced tea
- 76** Quench your thirst with bottled water instead of soda from the vending machine
- 77** Opt for small or medium drinks instead of large
- 78** Have 1 cup of low-fat (1%) chocolate milk instead of whole milk with chocolate syrup
- 79** Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup
- 80** Choose no sugar added fruit juices
- 81** Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water
- 82** Drink light beer instead of regular and limit yourself to one or two
- 83** Request diet mixers (cola, tonic water, and ginger ale) for drinks
- 84** Choose light beer or wine instead of frozen or fruit-based alcoholic drinks
- DINING OUT:**
Cut calories at the drive-thru and on special occasions
- 85** Request the bread basket be removed from the table as you sit down
- 86** Ask for a cup of soup rather than a bowl
- 87** Select minestrone or other broth-based soups over cream-based soups
- 88** Ask for salad dressing and sauce on the side—dip to enjoy the flavor but leave most of it behind
- 89** Order a vinaigrette dressing rather than a mayonnaise-based dressing
- 90** Request your salad without croutons and cheese
- 91** Substitute steamed veggies for potato, rice, or pasta side dishes
- 92** Select an appetizer as your main dish—add a soup, salad, or vegetable side dish
- 93** Choose a healthy option designated by a symbol on the menu
- 94** Use fresh lemon to season fish instead of tartar sauce
- 95** Choose a side salad instead of fries when ordering fast food
- 96** Skip the super-size promotions
- 97** Select grilled chicken in place of breaded and fried
- 98** Try a low calorie frozen pizza instead of your usual take-out
- 98** Skip the free chips with your sandwich or sub order
- 100** Select grilled chicken in place of breaded and fried

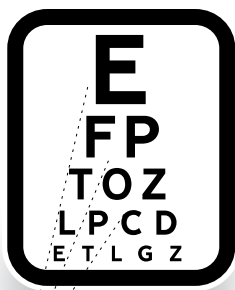
50 Stress Reducers

1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table, make lunches, put out the clothes you plan to wear, etc.
3. Don't rely on your memory. Write down appointment times, when to pick up the laundry, when library books are due, etc.
4. Make duplicates of all keys. Carry a duplicate car key in your wallet, apart from your key ring.
5. Practice preventive maintenance. Your car, appliances, home, and relationships will be less likely to break down/fall apart "at the worst possible moment."
6. Be prepared to wait. A paperback can make a wait in a post office line almost pleasant.
7. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
8. Plan ahead. Don't let the gas tank get below one-quarter full; keep a well-stocked "emergency shelf" of home staples; don't wait until you're down to your last bus token or postage stamp to buy more; etc.
9. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoe laces, windshield wipers - whatever- are a constant aggravation, get them fixed or get new ones.
10. Allow 15 minutes of extra time to get to appointments. Plan to arrive at an airport one hour before domestic departures.
11. Eliminate (or restrict) the amount of caffeine in your diet.
12. Always set up contingency plans, "just in case."
13. Relax your standards. The world will not end if the grass doesn't get mowed this weekend.
14. Count your blessings.
15. Ask questions. Taking a few moments to repeat back directions, what someone expects of you, etc., can save hours.
16. Say "No". Saying "no" to extra projects, social activities, and invitations you know you don't have the time or energy for takes practice, self-respect, and a belief that everyone, everyday, needs quiet time to relax and be alone.
17. Unplug your phone. Want to take a long bath, meditate, sleep, or read without interruption? Drum up the courage to temporarily disconnect.
18. Turn "needs" into preferences. Our basic physical needs translate into food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.
19. Simplify, simplify, simplify.
20. Make friends with non worriers. Nothing can get you into the habit of worrying faster than associating with chronic worrywarts.
21. Get up and stretch periodically if your job requires that you sit for extended periods.
22. Buy earplugs. If you need to find quiet at home, pop in some earplugs.
23. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.

24. Create order out of chaos. Organize your home and workspace so that you always know exactly where things are. Put things away where they belong and you won't have to go through the stress of losing things.
25. Take deep breaths. When feeling stressed, most people tend to breathe short, shallow breaths. When you breathe like this, stale air is not expelled, oxidation of the tissues is incomplete, and muscle tension frequently results.
26. Write down your thoughts and feelings. Journaling can help you clarify things and can give you a renewed perspective.
27. Try the following yoga technique whenever you feel the need to relax. Inhale deeply through your nose to the count of eight. Then, with lips puckered, exhale very slowly through your mouth to the count of 16, or for as long as you can. Concentrate on the long sighing sound and feel the tension dissolve.
28. Inoculate yourself against a feared event. Example: before speaking in public, take time to go over every part of the experience in your mind. Imagine what you'll wear, what the audience will look like, how you will present your talk, what the questions will be and how you will answer them, etc. Visualize the experience the way you would have it be. You'll likely find that when the time comes to make the actual presentation, it will be "old hat" and much of your anxiety will have fled.
29. Try diversion. When the stress of having to get a job done gets in the way of getting the job done, a voluntary change in activity and/or environment may be just what you need.
30. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion so you can concentrate on problem solving.
31. Learn to live one day at a time.
32. Every day, do something you really enjoy.
33. Add an ounce of love to everything you do.
34. Take a hot bath or shower (or a cool one in summertime) to relieve tension.
35. Do something for somebody else.
36. Focus on understanding rather than on being understood; on loving rather than on being loved.
37. Do something that will improve your appearance. Looking better can help you feel better.
38. Schedule a realistic day. Avoid the tendency to schedule back-to-back appointments; allow time between appointments for a breathing spell.
39. Become more flexible. Some things are worth not doing perfectly and some issues are fine to compromise upon.
40. Eliminate destructive self-talk: "I'm too old to...," "I'm too fat to...," etc.
41. Use your weekend time for a change of pace. If your work week is slow and patterned, make sure there is action and time for spontaneity built into your weekends. If your work week is fast paced and full of people and deadlines, seek peace and solitude during your days off.
42. "Worry about the pennies and the dollars will take care of themselves." That's another way of saying: take care of the today's as best you can and the tomorrows will take care of themselves.
43. Do one thing at a time. When you are with someone, be with that person and with no one or nothing else. When you are busy with a project, concentrate on doing that project and forget about everything else you have to do.
44. Allow yourself time - everyday - for privacy, quiet, and introspection.
45. If an especially unpleasant task faces you, do it early in the day and get it over with, then the rest of your day will be free of anxiety.
46. Learn to delegate responsibility to capable others.

47. Don't forget to take a lunch break. Try to get away from your desk or work area in body and mind, even if it's just for 15 or 20 minutes.
48. Forget about counting to 10. Count to 1,000 before doing something or saying anything that could make matters worse.
49. Have a forgiving view of events and people. Accept the fact that we live in an imperfect world.
50. Have an optimistic view of the world. Believe that most people are doing the best they can.





REDUCING RISKS

Word Wall

Having diabetes puts you at a higher risk for developing other health problems. However, if you understand the risks, you can take steps now to lower your chance of diabetes-related complications.

Talk to your diabetes educator and healthcare provider about potential health issues such as kidney damage, nerve damage and vision loss. They can explain why complications happen and how they can be avoided.

But don't rely on your healthcare team to identify areas of concern—you need to play an active role in reducing your risk. Make an effort to learn about complications and consistently track your overall health. You can reduce your risks for several complications by taking these precautions:

- » Don't smoke.
- » Schedule regular medical checkups and medical tests.
- » See an ophthalmologist (eye doctor) at least once a year.
- » Keep your feet dry and clean. Look out for redness or sores, and report these to your healthcare team as soon as you find them. If you have trouble seeing the bottom of your feet, ask a family member or friend to help you.
- » Be sensitive to your body—recognize when you aren't feeling well, and contact your care team if you need help identifying the problem.

DID YOU KNOW?

Lowering your cholesterol can decrease your risk for stroke, heart attack or other circulation problems.

TRUE OR FALSE?

Controlling your diabetes can help reduce your risk for heart disease.

TRUE. If your blood sugar or blood pressure levels are too high for too long, your blood vessels can become sticky. This makes it easier for blood clots to form...which can lead to a heart attack or stroke.

BLOOD PRESSURE:

The amount of pressure that is applied to your arteries when blood is pumped through your body

CHOLESTEROL:

A waxy substance that is in your blood that exists in two types: LDL ("bad") and HDL ("good")

COMPLICATION:

Another health problem that can happen when you have diabetes

HYPERTENSION:

When your blood pressure is higher than 140/90



Keep a Personal Care Record or a wallet card that lists all of the tests you should be regularly getting and the targets for each.

Sleep apnea affects more than half of people with diabetes and most don't know it. If you snore loudly or feel sluggish and tired during the day, ask your diabetes educator to screen you for sleep apnea.



ACTIVITIES

THESE ARE SOME OF THE THINGS YOU CAN DO TO STAY HEALTHY AND PREVENT OTHER PROBLEMS.



FOLLOW YOUR HEALTHY EATING PLAN.

Are you proud of the way you ate today? _____



KEEP ACTIVE

What is your favorite outdoor activity? _____



TAKE MEDICATIONS

Did you take your meds today? _____



MONITOR YOUR BLOOD SUGAR

What was your blood sugar number last time you checked? _____



CHECK YOUR FEET

Any pain or sores on your feet? _____



BRUSH AND FLOSS YOUR TEETH

When was your last dentist visit? _____



CHECK YOUR BLOOD PRESSURE

Do you know what your blood pressure is? _____



DON'T SMOKE

What can help you quit? _____



GET AN EYE EXAM (WHICH INCLUDES DILATING YOUR EYES) AT LEAST ONCE A YEAR

Have you had an eye exam this year? _____



RECOMMENDED TESTS	TARGET LEVELS	FREQUENCY
A1C	Less than 7%	Every 3 to 6 months
Blood Pressure	Less than 130/80	Every visit
Lipids HDL (good cholesterol) LDL (bad cholesterol) Triglycerides	Over 40 (for men); Over 50 (for women) Less than 100 (less than 70 if you have heart disease) Less than 150	At least every year
Eye Exam		Every year
Foot Exam (visual)		Every visit to your healthcare provider
Foot Exam (with sensory testing)		Every year

Stress and Diabetes

Reducing Mental Stress

Making changes

You may be able to get rid of some stresses of life. If traffic upsets you, for example, maybe you can find a new route to work or leave home early enough to miss the traffic jams. If your job drives you crazy, apply for a transfer if you can, or possibly discuss with your boss how to improve things. As a last resort, you can look for another job. If you are at odds with a friend or relative, you can make the first move to patch things up. For such problems, stress may be a sign that something needs to change.

There are other ways to fight stress as well:

- Start an exercise program or join a sports team.
- Take dance lessons or join a dancing club.
- Start a new hobby or learn a new craft.
- Volunteer at a hospital or charity.

Coping Style

Something else that affects people's responses to stress is coping style. Coping style is how a person deals with stress. For example, some people have a problem-solving attitude. They say to themselves, "What can I do about this problem?" They try to change their situation to get rid of the stress.

Other people talk themselves into accepting the problem as okay. They say to themselves, "This problem really isn't so bad after all."

These two methods of coping are usually helpful. People who use them tend to have less blood glucose elevation in response to mental stress.

Learning to Relax

For some people with diabetes, controlling stress with relaxation therapy seems to help, though it is more likely to help people with type 2 diabetes than people with type 1 diabetes. This difference makes sense. Stress blocks the body from releasing insulin in people with type 2 diabetes, so cutting stress may be more helpful for these people. People with type 1 diabetes don't make insulin, so stress reduction doesn't have this effect. Some people with type 2 diabetes may also be more sensitive to some of the stress hormones. Relaxing can help by blunting this sensitivity.



There are many ways to help yourself relax:

From the American Diabetes Association, <http://www.diabetes.org/living-with-diabetes/complications/stress.html>

- **Breathing exercises**
Sit or lie down and uncross your legs and arms. Take in a deep breath. Then push out as much air as you can. Breathe in and out again, this time relaxing your muscles on purpose while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.
- **Progressive relaxation therapy**
In this technique, which you can learn in a clinic or from an audio tape, you tense muscles, then relax them.
- **Exercise**
Another way to relax your body is by moving it through a wide range of motion. Three ways to loosen up through movement are circling, stretching, and shaking parts of your body. To make this exercise more fun, move with music.
- **Replace bad thoughts with good ones**
Each time you notice a bad thought, purposefully think of something that makes you happy or proud. Or memorize a poem, prayer, or quote and use it to replace a bad thought.

Whatever method you choose to relax, practice it. Just as it takes weeks or months of practice to learn a new sport, it takes practice to learn relaxation.

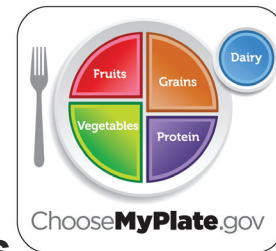
Dealing with Diabetes-Related Stress

Some sources of stress are never going to go away, no matter what you do. Having diabetes is one of those. Still, there are ways to reduce the stresses of living with diabetes. Support groups can help. Knowing other people in the same situation helps you feel less alone. You can also learn other people's hints for coping with problems. Making friends in a support group can lighten the burden of diabetes-related stresses.

Dealing directly with diabetes care issues can also help. Think about the aspects of life with diabetes that are the most stressful for you. It might be taking your medication, or checking your blood glucose levels regularly, or exercising, or eating as you should.

If you need help with any of these issues, ask a member of your diabetes team for a referral. Sometimes stress can be so severe that you feel overwhelmed. Then, counseling or psychotherapy might help. Talking with a therapist may help you come to grips with your problems. You may learn new ways of coping or new ways of changing your behavior.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Types of Exercise

A complete physical activity routine includes three kinds of activities:

- Aerobic Exercise
- Strength Training
- Flexibility Exercises

Aerobic Exercise

Aerobic exercise increases your heart rate, works your muscles, and raises your breathing rate. For most people, it's best to try for a total of about 30 minutes a day, at least 5 days a week. If you haven't been very active recently, you can start out with 5 or 10 minutes a day and work up to more time each week. Or split up your activity for the day—try a brisk 10-minute walk after each meal. If you're trying to lose weight, you may want to exercise more than 30 minutes a day.

Here are some examples of aerobic exercise:

- Take a brisk walk (outside or inside on a treadmill)
- Go dancing
- Take a low-impact aerobics class
- Swim or do water aerobic exercises
- Try ice-skating or roller-skating
- Play tennis
- Stationary bicycle indoors

Strength Training

Strength training, done several times a week, helps build strong bones and muscles and makes everyday chores like carrying groceries easier for you. With more muscle, you burn more calories, even at rest. Here are some ways to do it:

- Join a class to do strength training with weights or elastic bands
- Lift light weights at home

Flexibility Exercises

Flexibility exercises, also called stretching, help keep your joints flexible and reduce your chances of injury during other activities. Gentle stretching for 5 to 10 minutes helps your body warm up and get ready for aerobic activities such as walking or swimming. Your health care team can provide information on how to stretch.

In addition to formal exercise, there are many opportunities to be active throughout the day. Being active helps burn calories. The more you move around, the more energy you'll have. These strategies can help you increase your activity level:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake leaves, or do some housecleaning every day
- Park at the far end of the shopping center lot and walk to the store

Taking Care Of Your Diabetes

Means Taking Care of Your Heart



If you have diabetes, it's even more important to take care of your heart and blood vessels. Having diabetes means you are more likely to have a heart attack or stroke. You can lower your risk if you manage your diabetes.

You can live a long and healthy life by [managing your blood sugar \(glucose\), blood pressure, and cholesterol](#).

Over time, high blood sugar levels can damage vital organs such as your kidneys and your eyes. High blood pressure is a serious disease that makes your heart work too hard. And bad cholesterol, or LDL, builds up and clogs your heart and blood vessels. Managing all three means a longer and healthier life.

ASK YOUR HEALTH CARE PROVIDER THESE QUESTIONS

- 1 What are my blood sugar, blood pressure, and cholesterol numbers?
- 2 What should they be?
- 3 What actions should I take to reach these goals?

Use the [Diabetes Record Form](#) on the other side to write down the answers to these questions.

TAKE ACTION NOW

You can live longer for your family, improve your health, and reduce your risk of heart disease or stroke.

- Eat the right amounts of foods like fruits, vegetables, beans, and whole grains.
- Eat foods that are prepared with less salt, saturated fat, and *trans* fat.
- Get at least 30 minutes of physical activity every day.
- Stay at a healthy weight—by being active and eating the right amounts of healthy foods.
- Stop smoking—ask for help or call 1-800-QUITNOW (1-800-784-8669).
- Take medicines the way your doctor tells you to.
- Ask your doctor about taking medicine to protect your heart, such as aspirin or a statin.
- Ask your family and friends to help you take care of your heart and your diabetes.



National Diabetes Education Program

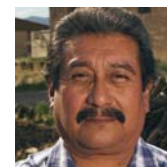
A program of the National Institutes of Health and the Centers for Disease Control and Prevention

DIABETES RECORD FORM

Goal

Take care of your heart by taking care of your blood sugar, blood pressure, and cholesterol.

Use this form to keep track of your **blood sugar**, **blood pressure**, and **cholesterol numbers** when you visit your doctor. Work with your provider, friends, and family to reach your goals.



BLOOD SUGAR

The A1C test—short for hemoglobin A-1-C—is a simple blood test of your average blood over the last three months.

Goal for many people: **Below 7 on the A1C test.** My goal is

Note: People who often have low blood sugar or who have had a heart attack or are at high risk for a heart attack may need a higher A1C goal.

TEST AT LEAST TWICE A YEAR

Date / Result	/	/	/
Actions I can take			

BLOOD PRESSURE

High blood pressure makes your heart work too hard.

Your blood pressure goal should be below 140/90 unless your doctor helps you set a different goal. My goal is

CHECK AT EVERY VISIT

Date / Result	/	/	/
Actions I can take			

CHOLESTEROL

Bad cholesterol, or LDL, builds up and clogs your heart.

Ask what your cholesterol numbers should be. My goal is

TEST AT LEAST ONCE A YEAR

Date / Result	/	/	/
Actions I can take			

www.YourDiabetesInfo.org

1-888-693-NDEP
(1-888-693-6337)

TTY: 1-866-569-1162

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