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You Are In Control

Don't think your risk level for type 2 diabetes is written in stone. Whether you need to lower your risk level or maintain the low risk you already have, this sheet has the tips to help you take control.

Stay Healthy

When you build exercise into your daily routine, it's hard to come up with reasons to avoid it. Try these exercise ideas out for yourself:

- Plan breaks away from your desk. Choose specific times of day you can get up and walk around.
- Use the stairs instead of an elevator. If that's too difficult, try taking the elevator part of the way and the stairs the rest of the way. You can gradually increase the amount of stairs as you improve.
- Choose a parking spot farther away from the entrance to work or any other place you visit. The extra distance will pay off.
- Do you use public transportation? Get off a stop or two early and walk the rest of the way.

Source: Copyright © 2006 American Diabetes Association.
From *The "I Hate to Exercise" Book*

Feeling Stuffed?

It's not exactly your fault. Portion sizes have grown in recent years, changing our perception of what's an appropriate amount of food for one meal.

Since you can't trust the size of your plate, instead use your hand to help measure portion sizes:

- A fist = 1 cup
- Palm of a woman's hand = 3 ounces
- Palm of a man's hand = 5 ounces
- Thumb tip = 1 teaspoon
- Thumb = 1 tablespoon

Source: Copyright © 2006 American Diabetes Association.
From *What Do I Eat Now?*



Ask The Right Questions

Scheduling regular checkups is important for managing your health.

Here are some useful questions to ask your doctor the next time you have an appointment.

- What is the circumference of my waist? (A healthy number is 40 inches or below for men, and under 35 inches for women)
- What is my blood pressure? (Less than 120/80 is ideal)
- Should I be screened for type 2 diabetes? (Maintain a schedule of being tested every 3 years after age 45 and ask your doctor to explain the test results and provide tips on how to lower your numbers if need be)
- What is my cholesterol? (Total cholesterol should be less than 200, with LDL levels less than 100 and HDL levels more than 40 mgs for men, and 50 mgs for women)
- What are some small steps I can take to be healthier and avoid type 2 diabetes?

Source: American Diabetes Association's CheckUp America campaign