

Lifestyle Changes for Better Diabetes Management

Making small changes to your lifestyle can be a big factor when managing Type 2 Diabetes.

In order to make a change for better diabetes health, it helps to have a plan.

You can use your diabetes management plan as a guide.

Your diabetes management plan will include information on making healthy food choices, getting regular physical activity, taking medicines if necessary, and monitoring your blood glucose (or sugar).

It may also include steps you can take to help you manage any other health problems that can affect your diabetes self-care.

Although there may not be one single reason why you have Type 2 Diabetes, one of the key risk factors is being overweight.

The good news is even losing just a little bit of weight can make a big difference in not only your blood sugar, but other things like your cholesterol and blood pressure.

Eating healthy foods, increasing your activity level, getting better sleep, and decreasing stress can all help you stay within your blood sugar target range.

Once you do decide on the area you want to focus on, make a list of small changes you can make.

For example, if you decide that you would like to make healthy food choices, take a look at your habits.

If you regularly snack on chips after dinner, maybe you can substitute carrots or another crunchy vegetable instead. Once that becomes a habit, try to make another change.

Don't get frustrated. Take it one step at a time.

To be successful, make a commitment today to make just one small change.

Each change you make is a positive step toward better blood sugar management.

And many of the changes you make to manage your blood sugar will also help you manage your blood pressure, cholesterol and weight; helping to reduce your overall risk of diabetes complications, and help you get healthier as a whole.

You don't have to do this alone. Reach out to your diabetes care team to set goals and get feedback on your progress.

Positive feedback and encouragement can help keep you going in the right direction.

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If you find you are having trouble reaching your goals, your doctor can help you figure out why.

Talk to them about the challenges you face and together adjust your plan so you are moving in a healthy direction.

When you make lifestyle changes for better diabetes management, remember, you are taking action to manage your blood sugar in order to avoid serious health problems in the future.

If you keep focusing on one small change at a time, you will have a greater chance of successfully reaching your goal and making true changes that last a lifetime.