

Healthy Lifestyle Changes for People with Diabetes

Diabetes affects every aspect of your life. Choosing to make healthy changes to your everyday lifestyle habits can lead to better blood glucose management and better overall health.

These include healthy eating, being active, monitoring your blood glucose, taking medications, problem solving, healthy coping and reducing risks.

“So the seven areas that are really helpful to managing blood sugar and that allow you to feel more empowered and in control of diabetes.”

Making lifestyle changes can be difficult. You are trying to change habits you have lived with for years.

“Oh yeah, change lifestyle. I had to change the way I eat. I had to change the way I think.”

Making a change for your health is a good thing.

But we live in a world where we expect instant results. I'll lose 20 pounds in a month, my blood glucose will be in my target range by the end of the week and stay there forever...And when we don't get quick results, we get frustrated and give up.

These are not the kinds of lifestyle changes that will result in lifelong success. Instead, small, gradual changes to your everyday habits can lead to lifelong changes that will have a positive effect on your health.

“So to incorporate the physical activity, initially, yes. It was definitely one of those things that I had to say, “Okay. I'm going to exercise.””

Which may mean better glucose management and fewer complications from diabetes, including heart disease.

Look at the 7 areas of change. Pick an area that you can work on and start to prepare for making the lifestyle change.

Identify ways you can make it part of your daily life.

Make sure that you are fully ready to commit to your change.

And then put it into action. Soon it will second nature.

“You can get hooked on it and as a matter of fact I think I have gotten hooked on it. I wake up in the morning and I looking forward to go-- to walk; I just love doing so.”

Have you decided to make a change? Making small changes in any of these areas can help you to better manage your blood glucose, which can lead to preventing the long-term complications of diabetes.

Work with your diabetes health care team to make a plan that puts you on the road to better blood glucose management.