

Violet's Journey with Diabetes

"I was angry with myself, because I knew what to do, and I did not. So since diabetes is a preventive disease, I did not do what I needed to do to avoid it."

"I would come home on the days that I didn't exercise and I would sit on my couch and just stare at the television, and I would have projects that I need to do and so much stuff that I was just like, "Yes, I know I need to do those," but I had no desire to do them."

"I had bouts of depression and so with that how do I get over, how do I manage the depression? And at that time didn't share that I was depressed, and still deal with the work and diabetes."

"My first step in managing was to start with the physical aspect that comes with diabetes that can help you eliminate your diabetes, and I chose that because I like exercising, and I figured I'd probably be able to get a more return on my investment quicker, and it did."

"The physical activity, as I said, was-- gave me an awesome return on my investment, because not only did it help me decrease the insulin, it gave me mobility back. It also help me lose weight, but not so much as pounds, but inches. And people were telling me, "Oh, my goodness! You've lost weight!" And I was like, "Thank you! But the scale is not saying that." But I could still feel it in my clothes. So it gave me that internal push, you know, that said, "Okay, keep on this path, because it is good for you."

"So pray on it, think about it, choose a path. Okay, one path is really, really easy. You don't have to do anything. The other path is you need to-- and you can take it slow."

"Look at you-- because this is your body saying, "Hey, you're not taking care of me anyway," so how can you take care of you so you could be the better you? There's just so much out there for you. So embrace it, and do something about it."