



Prediabetes: Strategies for a Healthy Life



Overview

If you have prediabetes, you can take immediate steps to keep it from getting worse. You may be able to reverse it completely. If you don't, you could develop type 2 diabetes. Improving your health will reduce your risk for diabetes and its severe complications.

Get Regular Exercise

As part of your health plan, you should exercise regularly. Try to be physically active for 30 minutes to one hour on most days. Brisk walking, dancing, swimming and bicycle riding are great low-impact exercises. Try to do strengthening exercises, such as sit-ups or weightlifting, twice a week.

Eat Healthy Foods

You should eat healthy foods. Replace red and processed meats with healthier sources of protein. Choose fish, poultry, nuts, whole grains and vegetables. Limit refined carbohydrates, which are found in foods such as white bread, pretzels and chips. Skip the fried foods. Eat only small amounts of sugary foods, and choose water over sugary drinks. Limit your alcohol consumption.

Lose Excess Weight

Many people who have prediabetes are overweight. If you are overweight, you should focus on reaching the weight that is right for your body. Your doctor can help you figure out your proper weight goal, and can help you develop a plan for losing weight at a healthy pace.

Don't Smoke

Finally, if you are a smoker, seek help to quit. Smokers have a much higher risk for developing diabetes, so if you already have prediabetes you should stop as soon as possible. With a few lifestyle changes, you can control your prediabetes and feel better at the same time.