

Diabetes Self-Management

You CAN Control Diabetes!



Diabetes



VAL VERDE
REGIONAL MEDICAL CENTER
COMMUNITY OUTREACH

This workbook is intended for use along with regular visits to your health care provider. It is not a substitute for medical care. You must always check with your health care provider before making any large changes to your diet or before adding an exercise routine.

Congratulations

You have taken the first step to controlling your diabetes for better health and a longer life!

We are here to support you. Please, feel free to call or email any one of us if you have questions, need some support or just want someone to talk to about your health journey. **YOU ARE NOT ALONE!**

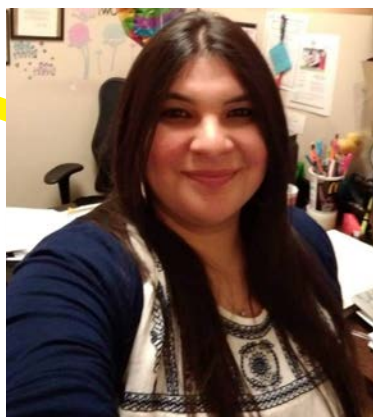
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TO BETTER HEALTH!

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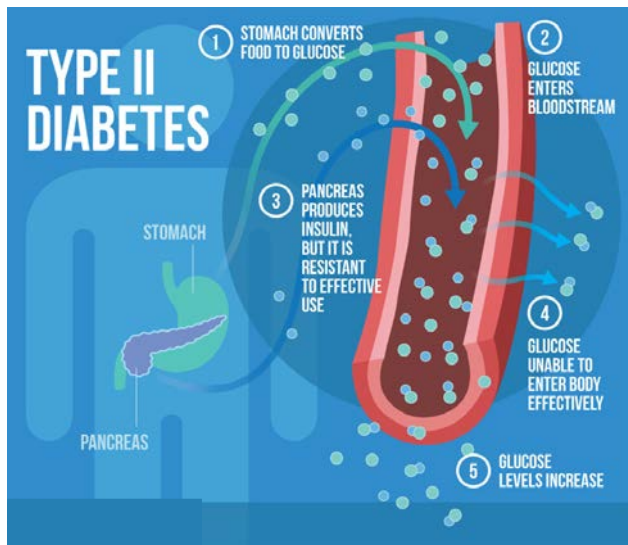


You may have been dealing with diabetes for years. Or perhaps you have just been diagnosed as pre-diabetic. Maybe you have gestational diabetes. No matter what type of diabetes you have or how long you have had it; you CAN manage your diabetes or prevent becoming diabetic. This guide will help you along your journey.

What if you didn't have diabetes? What would your life look like? How would you feel physically? Emotionally? How would it change your daily life? Take a few moments to really think about it and visualize what your life would be without this chronic illness? Write a few thoughts down or draw a picture to help you visualize what it would be like.

What is Diabetes?

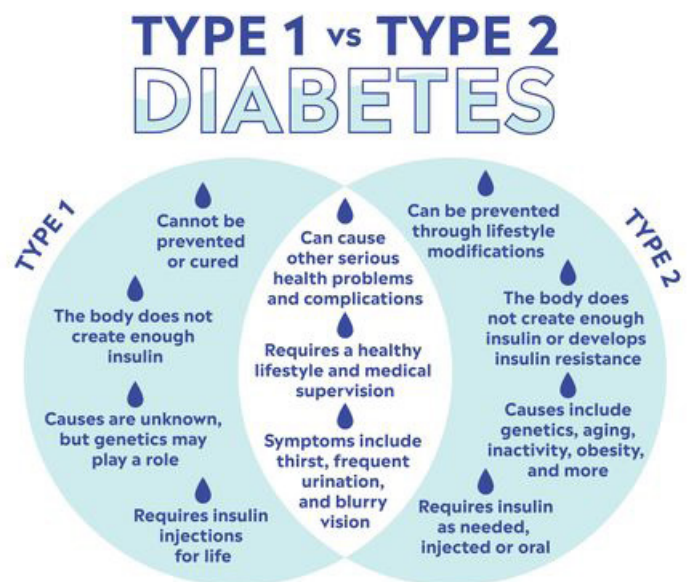
Diabetes is the inability of a body to process sugar (glucose). A lot of what we eat turns into glucose (a type of sugar) in our bodies. This rise in glucose after we eat triggers the pancreas to produce insulin and release it into the bloodstream. The insulin travels through the body's cells. It tells the cells to open up and let it in so the cells (and the body) have energy to function. Diabetes mellitus means the insulin is either absent all together (Type 1 Diabetes) or it is insufficient or not used properly (Type 2 Diabetes).



Diabetes has been a known disease since as early as 1550 BC. A change in diet and more exercise were part of the recommended course of treatment every since. In the 1970s, drugs to help control diabetes were developed. (Wikipedia) These medications have evolved over the years and new medications are created frequently. You might want to discuss with your health-care provider the use of medication vs nutrition and exercise in handling your diabetes. The choice is ultimately yours.

Some Diabetes Statistics:

- Diabetes is the 7th leading cause of death in the US.
- 1 in 10 people in the US have diabetes.
- 1 in 3 people in the US are pre-diabetic
- From 1990 to 2010, the numbers of diabetics has tripled.
- Diabetes is a leading cause of blindness, lower extremity amputations, and kidney disease requiring dialysis.



DIABETES

KNOW THE SYMPTOMS



You may not know...

When your blood sugar (glucose) is high, your blood is actually thicker. This thick blood has trouble getting to your extremities (hands and feet) and to the small blood vessels providing oxygen and nutrients to your organs. This is why people with uncontrolled diabetes have problems with their hands and feet, sexual organs, eyes, kidneys, heart, lungs, etc. If you think about it, it makes sense. A normal glucose level would have your blood about the consistency of tomato juice. As it goes higher (200) you get tomato sauce. As it goes even higher (300) you get tomato paste. Imagine your heart trying to squeeze blood the thickness of tomato paste into all the arteries, veins and capillaries in your body. You can see why diabetes causes serious health complications!

Have you learned anything new?
Maybe you want to use the space
below to jot down a few thoughts!

Complications with un-managed diabetes

- ▶ Heart Disease
- ▶ Stroke
- ▶ Blindness
- ▶ Neuropathy
- ▶ Kidney Disease and failure
- ▶ Losing parts of your body
- ▶ Losing your teeth
- ▶ Loss of feeling in your genitals
- ▶ Infections
- ▶ Pneumonia
- ▶ Weakened immune system
- ▶ Pain
- ▶ Loss of mobility
- ▶ Early death
- ▶ Lower quality of life
- ▶ Glaucoma
- ▶ Retinopathy

When diabetes is not managed, it can cause complications from your head all the way down to your toes. From stroke to sexual problems to losing toes and feet - diabetes is VERY SERIOUS. It is the leading cause of blindness in the US. Most dialysis patients have damaged kidneys as a result of complications from diabetes that has not been controlled.

The Good News is You CAN Manage your Diabetes!

Even if you have had diabetes for many years, it isn't too late! You can take steps RIGHT NOW to manage your diabetes and improve your health. If you take it one step at a time, you absolutely CAN take back your health.

If you are feeling overwhelmed, anxious, or just want to talk to someone, you can call on us any time!

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WE'RE HERE TO HELP!

***Take a few minutes to look over this check list.
Rate the items with an C for Challenging, D for
Doable, and NP for no problem!***

- | | |
|--|---|
| _____ Add more vegetables to my diet | _____ Add more berries to my diet |
| _____ Move my body 10 minutes a day | _____ Focus on the nutrition in food |
| _____ Keep track of what I eat | _____ Move my body 15 minutes a day |
| _____ Find some diabetes friendly recipes to try | _____ Get excited about my journey to better health |
| _____ Ask for help when I need it | _____ Set goals for myself that I can achieve |
| _____ See my healthcare provider regularly | _____ Enlist my friends and family for support |
| _____ Check my glucose levels regularly | _____ Find healthy ways to deal with stress and anxiety |
| _____ Take my medication (if any) as prescribed | _____ Move my body 30 minutes a day |
| _____ Plan my meals and snacks | |

Have a look at how you rated the items. What is going to be hardest? Easiest? Where do you think you will need support and where can you get it? If you know where you need help, it makes it much easier to find. Use this space to make a few notes to inspire yourself!



SYMPTOMS OF HYPERGLYCEMIA VS HYPOGLYCEMIA

Hyperglycemia (HIGH blood sugar)

DRY MOUTH

INCREASED
THIRST

BLURRED
VISION

FREQUENT
URINATION

WEAK, HEADACHE,
POSSIBLY, NO
SYMPTOMS AT ALL

SHAKING

SWEATY

FAST
HEARTBEAT

CONFUSION

Hypoglycemia (LOW blood sugar)

What you need to know about Hyper and Hypo Glycemia

If you take a look at the chart, you can see that HYPERGLYCEMIA is high blood sugar and HYPOGLYCEMIA is low blood sugar. When you are diabetic, either one can happen. Until you get your blood sugar regulated through diet, exercise, and possibly medication; it can fluctuate up and down. Knowing the possible causes of these fluctuations and what to do when it happens can help a lot.

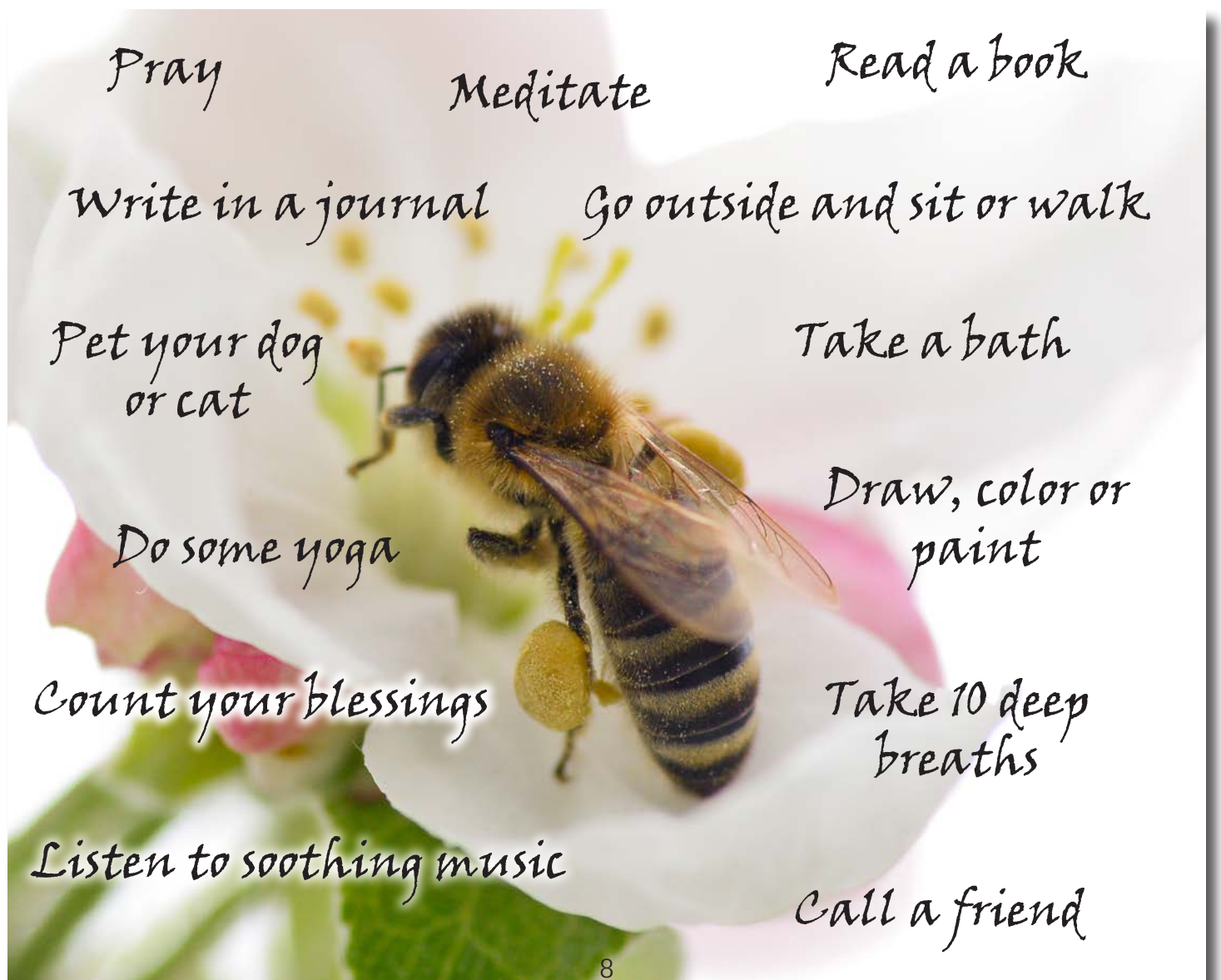
HYPERGLYCEMIA can be caused by certain medications. Some medicines like cough syrup, liquid cold medications and other over the counter treatments can have high amounts of sugar or alcohol. These can cause your blood sugar level to get too high. Always read the labels on over the counter drugs to check if they affect diabetes. If you have a question, ask the pharmacist. They are experts on drug interactions. You can lower your blood sugar by exercising.

Stress, illness and eating the wrong foods (you will learn more about that soon) can also cause your blood sugar to rise. Be certain to test your blood glucose even when you are ill and try to eat if you are able. Recognizing stress is key. How do you feel when you are getting stressed? Write down a few of the ways you can tell you are getting stressed. Being aware can help you to de-stress.

HYPOGLYCEMIA is when your blood sugar drops. It can be caused by not eating enough, too much exercise with too little food, or using too much insulin (if you take insulin). Test your glucose. Drink 8 ounces of milk or juice or 1/2 cup of regular soda. Carry hard candies with you. When become hypoglycemic, eat 5-7 of them. You can also carry a small tube of cake icing (the gel kind) or you can purchase glucose tablets. Check your glucose again in 30 minutes. Repeat if it is still low.

As you can see from the chart, there are symptoms that are the same for both HYPERGLYCEMIA and HYPOGLYCEMIA. This is why it is so very important to know what the causes are for each and how to treat them.

Stress can be a huge factor in fluctuating blood sugar. What are some ways you can lower your stress levels? Circle a few to keep in mind next time you feel stressed. Put a double circle around some you might want to try.



How did I get Diabetes?

It is very important that you don't blame yourself for your illness. There are risk factors, yes, but that does not mean you got diabetes because you are a bad person or a weak person. There are a lot of myths about diabetes people believe are true. Some of them include:

Diabetes is caused by eating too much sugar or bad food.

It's the diabetic's fault they got diabetes.

If I take medication for diabetes, I can eat whatever I want.

People with diabetes can never eat anything with sugar - even fruit.

Diabetics can tell when their blood sugar is too high or too low.

All diabetics need insulin and it cures diabetes.

Have you heard any of these myths? Did you think they were true?

HERE IS THE TRUTH ABOUT DIABETES:

There are two types of risk factors for diabetes: Modifiable and Non-Modifiable.

Modifiable (things you can change) risk factors include weight, sedentary life-style, diet, and smoking.

Non-modifiable risk factors for diabetes include race, age, and family history.

If you are heavier than you should be for your health, you can modify your weight with some changes in diet and some exercise of your choosing. You don't have to do anything horrible or drastic. In fact, losing just 10% of your body weight can help you manage your diabetes. If you weigh 200 pounds, this is only 20 pounds! Not so very overwhelming when you think about it!

If you sit a lot, you can add a few activities to your life that will help you get control of your health. You can walk, swim, dance, play, you can even do some simple exercises from being seated if you have mobility issues. Again, not so terribly overwhelming. Just 1/2 hour a day of movement can make a HUGE impact on your health.

If you smoke, quit. Quit and keep quitting until it sticks. Quitting smoking is not easy. You can ask your healthcare provider for medication to help you. The nicotine will be out of your system in a matter of days. It is the habit part that is hard to break. Think about trying a new habit but not one involving food. Here's some ideas.

Drink a glass of water. It's surprising how well this works

Floss and brush your teeth

Chew sugar free gum

Whistle or hum for a while

Do three sets of ten jumping jacks

Run in place

Crank up the radio and sing at the top of your lungs (works great while driving)

If music is playing, dance like no one is watching

Slather on rich, creamy hand lotion and rub, rub, rub! It keeps fingers busy and reminds you how nice it is that they don't smell like tobacco



I didn't know that!!
Write down a few things you didn't know
about diabetes.

I can do that!!
Write down a few things you can do to
self-manage your diabetes.



THE 7 STEPS TO CONQUERING DIABETES



- 1.** Learn about good nutrition and plan your meals and snacks
- 2.** Adopt a fun exercise routine that works for YOU
- 3.** Follow the directions for your medication (if any) and know about the over the counter medications which can effect your glucose
- 4.** Check you glucose levels to learn how your body is being effected by food, stress, and illness for better understanding
- 5.** Be your own medical advocate and visit your medical team regularly
- 6.** Learn coping skills to help you be successful in your journey to better health
- 7.** Get the tools you need to be able to set realistic, achievable goals for success

Every journey begins with a single step.



Take a deep breath. Don't be overwhelmed. Sure, 7 steps may seem like a lot to accomplish to control your diabetes but, if you break it down, it could look like this:



WEEKLY GOALS FOR GOOD HEALTH

T

Check my glucose levels before breakfast, after lunch and before bed.
Record the numbers and how I was feeling.

W

Start parking a little bit further from the entrance when I go to the store.

T

Look at the nutrition labels on the food I buy at the store.

F

Keep a list of what I eat, when I eat it, how I feel and my glucose numbers.

S

Focus on my stress levels and try some ways to cope with it.

S

Take my dog for a walk around the block.

M

Review last week's education and see if I have questions.

You are in complete control. Try to do something towards your good health every day. You don't have to make huge, drastic changes overnight. Taking small steps every day will help you achieve all your goals!

How are you feeling? Are you EXCITED about what you can achieve?
If not, why not? Write a little bit about how you are feeling at this point in your journey or draw a picture if you like.
If you are feeling overwhelmed, please call one of us! We want to help you succeed!



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When it comes to Diabetes and Self-Management, nutrition is EVERYTHING. What you put into your mouth affects your entire body and is especially important when it comes to blood glucose levels. You are going to learn just what good nutrition is, what are good foods to eat to help you get control of your diabetes and how to plan meals and snacks for successfully improving your health.

The fact is, most people (even health professionals) don't know a lot about nutrition. Physicians and other health providers receive very little education on nutrition. Do not feel you are alone in not having a firm grasp on nutrition. The information changes constantly and it can be confusing because food packaging and dietary fads are very misleading. For example, just because something says "Natural" or "Healthy" on the packaging doesn't mean it is true. You will learn how to read the nutrition label you can find on every item to really know the true value of the food you are going to eat.

It is an exciting journey especially when you know you are going to be able to use the information you get to change your life for the better. And guess what? Diabetes nutrition is good nutrition for everyone! Your whole family can benefit from your knowledge.

Are you ready? Let's talk about nutrition.



Healthy vs Unhealthy

Put an "H" next to all the Healthy choices and a
"U" next to the Unhealthy choices

_____ Fruit Juice

_____ Mexican Food

_____ Milk

_____ Beans

_____ Tortillas

_____ Rolls

_____ Hamburger

_____ Soda

_____ Diet Soda

_____ Nuts

_____ Peanut Butter

_____ Chocolate

_____ Beef

_____ Potatoes

_____ Bananas

_____ Canned Veggies

_____ Pizza

_____ Cake

_____ Cookies

_____ Pork

_____ Berries

_____ Lunch meat

_____ Cheese

_____ Chicken

_____ Salad

_____ Peas

_____ Cereal

_____ Rice

_____ Pasta

_____ Apples

_____ Turkey

_____ Soup

_____ Tuna

_____ Ice Cream

_____ Pancakes

_____ Spinach

Healthy vs Unhealthy

The answers

- Fruit Juice:** In general, you want to avoid large glasses of fruit juice. BUT, if your blood glucose drops, a little juice can bring it back up.
- Mexican Food:** It is all about the choices you make! Choose smaller corn tortillas and don't eat as many. Use meat that is low in fat. Choose cheese that is lower in fat. Eat beans that are not fried in lard. There is absolutely nothing unhealthy about Mexican food if you make the right choices.
- Dairy Products:** If you choose lowfat cheese, yogurt (watch the sugar), sour cream and milk; there is no reason you can't include it in your meal plan. Portions and fat levels are important.
- Bread/Tortillas:** You can eat bread and tortillas. You only have to make a different choice. Go for whole grain bread, smaller tortillas and watch you portions.
- Beans:** While it is true the legumes (beans, peas and peanuts) may have a lot of carbohydrates, they also have a lot of fiber. This means you can eat beans! Just watch your portions and be conscious of what you put on your beans.
- Soda & Diet:** Soda is not something you should include in your meal planning for optimal health. Even diet soda isn't a great choice. BUT, if you have a craving for carbonation, there are a LOT of flavored carbonated drinks without added sugar available. Why not try one of those instead?
- Nuts & Nut Butters:** Nuts are a great choice for a quick snack. Just watch your portion size. The same holds true of nut butters.
- Fruit:** There are so many fruits to eat! The best choices are berries. Any kind of berry is going to be lower in sugar than other fruit. You can still eat fruit higher in sugar (like bananas) just watch your portions.
- Chocolate:** YES!!! You can have chocolate! Pick a dark chocolate with 70% cocoa or more and watch the portion size.

I think by now you are probably seeing a trend: Choice and Portions. It is important when making changes to the way you eat not to think in terms of "Good" and "Bad." Yes, some foods are high in sugar and low in nutrients (cake, cookies, candy bars, donuts) but you can make better choices for your body. Pick the whole grain option. Choose the whole wheat or cauliflower pizza crust. Try some brown rice instead of white. Eat some oven fried potatoes instead of french fries. Once you make a food "forbidden" it is all you will want! Nothing is forbidden. It's all about making delicious choices for better health.

Portion control is also very important to nutrition. Even foods that are good for you can be unhealthy. Take salad for example. Everyone knows salad is healthy, right? Wrong! Drenching your salad in high calorie, high sugar salad dressing is not healthy. The greens are healthy but what you put on them and how much of it you eat can turn a healthy food into an unhealthy one.

I am willing to make some different choices about what foods I put in my body. I can choose to....

What are some food choices you feel ready to make?



EVERY BODY IS DIFFERENT!!

Again, EVERY BODY IS DIFFERENT!!



YES!! We are all unique and beautiful just like snowflakes. Your body and my body are not going to react in the same way when faced with stress, different kinds of food, and illness. What may cause my blood glucose to go up may have absolutely no effect on yours. If this is true, how can we determine what works and what doesn't?

We have to keep track. Not forever, just long enough to figure out how our own body reacts.









The Food, Exercise and Blood Glucose log provided by the American Diabetes Association on the following page can help. The ADA website www.diabetes.org has a lot of resources you might find useful. If you also add how what you ate and your blood glucose level made your body feel and if you are stressed or anxious, it can help you determine how your body reacts. This information will be extremely helpful when you start meal planning.

Getting to know your body will get you one step closer to knowing how to heal your body and to keep it healthy. You are worthy of good health. It doesn't matter how far you have to go to get there, it only matters that you keep going towards your health goals.



FOOD AND EXERCISE LOG

DATE: _____

Meal	Item / Amount
Breakfast	
Lunch	
Dinner	
Snacks	
Water	 __oz  __oz  __oz  __oz  __oz  __oz  __oz  __oz

Minutes	Physical Activity (Cardio / Strength / Flexibility)

Blood Glucose Levels			
Breakfast	Lunch	Dinner	Other

Notes

WHAT DO I WANT TO KNOW ABOUT NUTRITION?

Good question, right? Jot down a few things you would like to learn about nutrition. If they are not covered here or during classes, reach out to Elizabeth at 830-778-3848 or email elizabeth.rockey@vvrmc.org. She may not be able to answer your question but you can bet she will find out for you!

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Shop Smart— Get the Facts on the New Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will be changing in the near future, and the updates will help you:

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium
- Compare similar foods to find out which one is lower in calories
- Look for foods that are lower in saturated fat, *trans* fat, sodium, and added sugars

Start with the Servings Per Container and Serving Size

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories

- Find out how many calories are in a single serving

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember: percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.
- 5 percent or less is low — try to aim low in saturated fat, *trans* fat, cholesterol, and sodium
- 20 percent or more is high— try to aim high in vitamins, minerals and dietary fiber

Current Label:

Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

Amount Per Serving

Calories 230

Calories from Fat 72

% Daily Value*

Total Fat 8g12%

Saturated Fat 1g5%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 160mg7%

Total Carbohydrate 37g12%

Dietary Fiber 4g16%

Sugars 1g

Protein 3g

Vitamin A10%

Vitamin C8%

Calcium20%

Iron45%

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

New Label:

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g10%

Saturated Fat 1g5%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 160mg7%

Total Carbohydrate 37g13%

Dietary Fiber 4g14%

Total Sugars 12g

Includes 10g Added Sugars20%

Protein 3g

Vitamin D 2mcg10%

Calcium 260mg20%

Iron 8mg45%

Potassium 235mg6%

Source: FDA.gov, FOR REFERENCE ONLY

According to the U.S. Food and Drug Administration (FDA), the images above are intended for illustrative purposes only. They are hypothetical labels and represent two fictional products. See their "Side-By-Side Comparison" for more information: <https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/UCM501646.pdf>

For more food label information, visit the U.S. Food and Drug Administration at www.fda.gov/Food/ResourcesForYou/Consumers

Limit Saturated Fat, Trans Fat, Sodium, and Added Sugars

Eating less of these may help reduce your risk for heart disease, high blood pressure and cancer:

- Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats
- Limit *trans* fats to as low as possible.
- Limit sodium to less than 2,300 mg daily (for adults and children 14 years and older).
- Limit added sugars to less than $\frac{10\%}{5\%}$ of total calories daily

Get Enough Vitamins, Minerals and Fiber

- Eat more dietary fiber, vitamin D, calcium, and potassium to maintain good health and help reduce your risk of certain health problems such as osteoporosis.
- Remember to aim high for % DV of these nutrients.

Additional Nutrients

- Carbohydrates — There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits, vegetables, and low-fat milk and yogurt.
- Proteins — Aim for a variety, including seafood, poultry, lean meats, eggs, beans and peas, nuts, seeds, and soy products.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

What Health Claims on Food Labels Really Mean

FDA has strict guidelines on how certain food label terms can be used. FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce the risk for certain diseases. For example, health claims may highlight the link

between calcium and osteoporosis, dietary fiber and some cancers, saturated fat and heart disease or high blood pressure and sodium.

Some of the most common claims seen on food packages:

- **Low calorie** — Less than 40 calories per serving.
- **Low cholesterol** — 20 mg or less of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** — 25% less of the specified nutrient or calories than the usual product.
- **Good source of** — Provides at least 10% of the DV of a particular nutrient per serving.
- **Calorie free** — Less than 5 calories per serving.
- **Fat free / sugar free** — Less than $\frac{1}{2}$ gram of fat or sugar per serving.
- **Low sodium** — 140 mg or less of sodium per serving.
- **High in (or Excellent source of)** — Provides 20% or more of the DV of a specified nutrient per serving.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

WATCH THE CARBOHYDRATES! Look at total carbohydrates, not just sugar. High fiber foods are GREAT! You can subtract the fiber from the carbohydrates in your planning.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: US Food and Drug Administration, Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, 5th edition

A healthy diet is pretty much the same as a diet to control diabetes. By reading food labels, you can figure out the healthiest things to eat and how much to eat in a serving.

Some Information on a Plant Based Diet from Kaiser Permanente

One way to eat healthier is to follow a plant-based diet, which focuses on whole grains, legumes (beans and peas), fruit, and vegetables and limits meat and dairy. While popular wisdom would tell you that diabetes and plant-based eating don't mix — plant foods have carbs, after all — numerous studies point toward the diabetes-protective benefits of a plant based diet.

Here are several ways plant-based eating may help:

Weight management — Vegetarians tend to have a lower body mass index or BMI. While cutting out meat doesn't guarantee weight loss, plant foods are high in fiber and volume, making it easier to feel full on fewer calories. Weight loss reduces insulin resistance, meaning your body can use its own insulin more effectively.

Heart health — Whole food, plant-based diets can help reduce inflammation and lower cholesterol and blood pressure. Managing these risk factors is essential because people with diabetes and prediabetes have a significantly higher risk of heart disease. In addition to lowering cholesterol and blood pressure and reducing inflammation, swapping out mostly animal-based saturated fats with plant-based unsaturated fats may also reduce insulin resistance.

Protective nutrients — Nuts, seeds, deep green veggies, and whole grains are especially high in magnesium, a nutrient linked with a lower risk of diabetes. Plant foods in general are packed with phytochemicals that have antioxidant effects, which can help with insulin sensitivity. Our gut microbiome also plays a role in diabetes risk. Many plant foods, including oats, asparagus, onions, and garlic, are good sources of prebiotics that feed a healthy gut microbiome.

Choosing the best plant foods - Plant-based foods include kale chips and sugar snap peas, but also potato chips and sugary fruit drinks. The benefits of plant-based eating come from minimally processed plant foods. The best options include whole grains, nuts, seeds, legumes (beans and peas), fruits, and vegetables.

Non-beneficial plant-based foods include fruit juices, sweetened beverages, and refined grains. It's wise to limit these foods, whether you have diabetes or not.

Talk with your dietitian or doctor if you have diabetes and are interested in trying a plant-based diet.

Looking at Shopping with New Eyes

Some grocery shopping tips to help you with your good choices



Fill your basket with items from the produce section. Try something new! There are so many choices you can make and pretty much everything fresh is healthy.



Stick to the outside aisles. This is where you will find the most fresh, unprocessed foods. Produce, meats, dairy. In most stores, these items are found on the outside aisles.



The closer your food is to its natural state, the healthier it is. For example, a fresh apple is full of vitamins and minerals, naturally sweet, and has fiber. An apple fruit roll up is full of sugar.



Take a list. When meal planning, it is essential to shop for what you need. Your list should include everything you need to fulfill your meal planning snacks and meals and to promote your health.



Read the labels. You really have to read the nutrition labels to make sure what you are buying is actually a good choice. Bring this booklet with you so you can refresh your memory on how to read the labels effectively.



Take a list. When meal planning, it is essential to shop for what you need. Your list should include everything you need to fulfill your meal planning snacks and meals and to promote your health.



Take enough time. It's going to take a little longer to grocery shop at first. Once you have it down and know what your best choices are, it will be just as quick as it is now!





Meal Planning for Your Good Health

Meal Planning has been mentioned a few times already. What is it? It is pre-planning what you are going to eat every day so you know you are eating foods that will help you feel better. It isn't as complicated as you might think.

On the following page is a template you to use when planning the food you will eat for the week. Why go to all this bother? Because it is an effective tool for controlling your diabetes. The New Diabetes Food Pyramid can help you figure out what to eat. What is the Diabetes Plate Method?



New Diabetes Food Pyramid



Enjoy a variety of foods and be active every day!

*Inspired from Dr. Mark Hyman's Pegan Food Pyramid

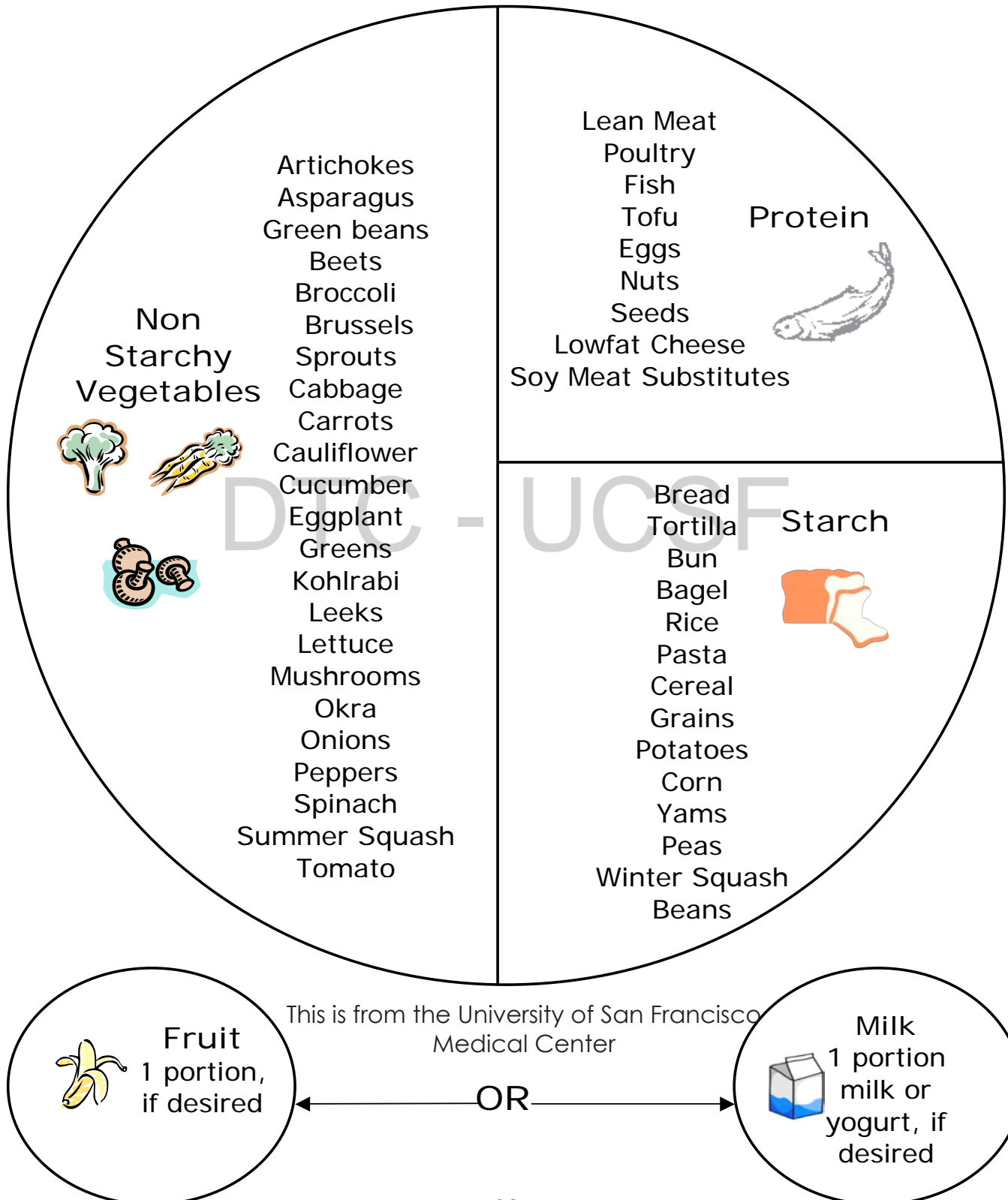
MEAL PLANNING FOR YOUR HEALTH

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

GROCERY LIST

The Diabetes Plate Method

For Healthy Meal Planning



STEP 1: Fill Half (1/2) of Your Plate with Non-Starchy Vegetables.

- ❑ Non-starchy vegetables are low in calories, low in carbohydrate, and high in fiber. This means non-starchy vegetables can help you feel full and more satisfied with your meal, but not lead to weight gain and high blood sugar.
- ❑ Aim for 1 to 2 cups of any vegetable (EXCEPT starchy vegetables listed in Step 3).
- ❑ Vegetables can be raw or cooked.

STEP 2: Limit Protein to a Quarter (1/4) of Your Plate.

- ❑ Choose lean meat, poultry, or fish. Your portion should not be bigger than the palm of your hand. Try just the egg whites for lower cholesterol.
- ❑ Choose tofu, nuts, or seeds. Aim for about 2 tablespoons of nuts and seeds or 1/2 cup of tofu.

STEP 3: Limit Starch to a Quarter (1/4) of Your Plate.

- ❑ Starch is a source of carbohydrate. Carbohydrate turns into an important fuel, called glucose, and limiting the portion size of starch helps control body weight and blood sugar.
- ❑ Choose a bun, tortilla, bread, bagel, rice, grains, cereal, pasta, or a starchy vegetable.
 - If you choose bread, limit to 2 slices or 1/2 bagel.
 - If you choose a hamburger/hotdog bun, limit to 1 bun.
 - If you choose a tortilla, limit to 2 small tortillas or 1 large tortilla.
 - If you choose rice, grains, pasta, cereal, or a starchy vegetable, limit the portion to no more than 1 cup – this is about the size of a woman's fist. Starchy vegetables include beans, potatoes, corn, yams, peas, and winter squash.
- ❑ Choose most of your starches from whole grains, such as whole wheat bread or tortillas, brown rice, whole wheat pasta, whole grain and bran cereals, or beans.

STEP 4: If Desired, Add 1 Portion of Fruit or Milk to Your Meal.

- ❑ Fruit, milk, and yogurt are also sources of carbohydrate. To best control body weight and blood sugar, limit yourself to either fruit or milk at your meal. You may choose to save the fruit or milk as a snack.
- ❑ Because high carbohydrate liquids can quickly raise blood sugar, avoid drinking fruit juice.
- ❑ Examples of fruit portion sizes are:
 - 1 small apple, orange, peach, pear, banana, or nectarine (or half of a larger-size fruit)
 - 3/4 cup fresh pineapple chunks, blueberries, or blackberries
 - 17 grapes
 - 1 and 1/4 cups strawberries or watermelon
 - 1 cup cantaloupe, honeydew, or papaya
- ❑ Choose lowfat or nonfat dairy products for heart health and weight control.
- ❑ Examples of milk and yogurt portion sizes are:
 - 1 cup (8 ounces) of non-fat, 1%, or soy milk
 - 2/3 to 1 cup plain non-fat or aspartame-sweetened fruit yogurt

STEP 5: Limit Added Fats.

- ❑ Avoid adding fats to your foods like butter, margarine, shortening, mayonnaise, gravies, cream sauces, salad dressing, and sour cream. Instead, season foods with herbs and spices.
- ❑ Cook using lowfat methods such as baking, steaming, broiling, or grilling. Avoid frying foods.

I Can do This!

Write down a few notes about the Plate Method.
Do you think you could make this work for you?




The Plate Method is the simplest to follow. All you have to do is decide what you want to eat at each meal by planning on how you are going to fill your plate.

There are lots of places to find healthy recipes. You can go online if you have access, go to your local library, order some recipe books or ask friends who practice healthy eating for some recipes. The information is out there, you just have to get it!

TIPS FOR HEALTHIER LATINO CUISINE

While fad diets come and go, there are a few basic tips on good nutrition that are important to remember. Try these tips when planning your meals¹⁴:

- For protein sources, look for fresh seafood, lean poultry, and beans. Consider foods such as ceviche, a veggie black bean wrap, baked empanadas, or chicken fajitas/tortas.¹²
 - When preparing traditional dishes that have ground meat in the recipe, choose 93% lean ground turkey or ground sirloin beef when possible.¹²
 - If you eat salsa, choose fresh salsa over store-bought. While the store brand may be low in calories, it usually has a high amount of salt.¹²
 - Be conscious of your portions.¹²
 - Choose brown rice over white. As a whole grain, brown rice has more nutrients.¹²
 - Try to keep the fat you use when cooking to a minimum and avoid unhealthy fats like lard and butter. A little vegetable or olive oil or cooking spray are better options.¹²
 - Use healthy cooking methods like grilling, baking, steaming, or broiling to prepare your food.¹²
 - Choose dried beans when you can. They generally have less sodium than canned.¹²
- 
- A close-up photograph of a bowl of black bean soup. The soup is dark brown and filled with black beans. It is topped with several cubes of white cheese and finely chopped green herbs. The bowl is colorful with yellow, blue, and red stripes. It is sitting on a red and blue patterned cloth.
- If you eat refried beans, look for the fat-free options at the supermarket. You can also make your own by blending whole black or pinto beans in the food processor with your own spices.¹²
 - Be aware of your cheese portions. Cheese can be high in saturated fat and sodium. Look for reduced-fat cheeses when shopping.¹²
 - In dishes that call for sour cream, consider using nonfat Greek yogurt or nonfat plain yogurt instead. They have less calories and fat than sour cream but with a similar taste and texture.¹²

You probably have some questions at this point. Please, reach out to one of us. We are here to help you on the road to better health!



Elizabeth
830-778-3848
elizabeth.rockey@vvrmc.org

Marlen
830-778-3735
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Stacey Covarrubias, LVN
830-309-2480
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How are you feeling?

*You have already come a long way and been exposed to a lot of information.
Write down a little bit about how you are feeling.*

YOUR HEALTH TEAM AND HOW YOU CAN GET THE HELP YOU NEED BY BEING YOUR OWN ADVOCATE

Primary Care Provider

Nutritionist

Endocrinologist

Ophthalmologist

Dentist

Nurses

Diabetes Educators

Pharmacist

Fitness Instructor

Podiatrist

Counselor

Cardiologist

Family

Friends

YOU!!!

Your winning diabetes wellness team can help you make your health goals! There are a lot of people on your team. People who can help you with your medical issues, people who can help with any eye problems, heart issues, all kinds of people there for you to consult with.

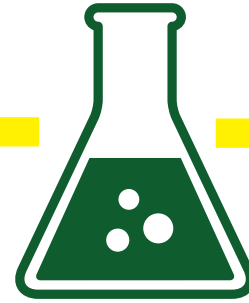
But you are the coach and the team leader. It is up to you to be an advocate for yourself and to be sure you get all the information, tests, and support you need to make that touchdown!

The Road to Better Health



Yearly Blood/Urine Tests:

- A1c
- Cholesterol HDL and LDL
- Liver Panel
- Kidney check
- Urine Check



Have your eyes checked every year to be sure your eyes are healthy.



Review results with your Primary Care Provider and determine next steps.



It is very important to see a podiatrist regularly. They can tell you if your feet are healthy and will know if you are having any vascular problems



Your Diabetes Educators are ALWAYS ready to answer questions or help guide you to diabetes self-management!

See your health care provider or go to an urgent care or Emergency Room. Quick action is essential to maintaining your health.



Not feeling well?

The Complete Guide to Becoming Your Own Medical Advocate

When medicine is big business, we have to become the CEO of our own bodies

Ragen Chastain
Aug 27, 2018

Why Be Your Own Advocate?

Someone else might not be around. Hospitals may have advocates who you can request (sometimes known as medical advocates, sometimes as social workers) but that's not always the case. And while bringing a medical advocate to the doctor can be incredibly helpful, you might not have that option.

Maximize your time with the practitioner

As for-profit insurance drives down what doctors are paid in order to maximize profits for CEOs and shareholders, doctors can be forced to see more patients and spend less time with each one. Being well-prepared for your appointment can maximize the time you have with your doctor and other practitioners. Being informed—and having information at the ready—means that you can expedite the diagnostic process and give them the maximum possible time to practice their healing modality.

Overcome the provider's bias

There are some biases that is specific to medical care. For example, Tené T. Lewis, an associate professor of epidemiology at Emory University Rollins School of Public Health in Atlanta, told US News and World Report:

"If you are African-American or Latino and you present to the emergency room with a broken leg or a kidney stone, for example, you're less likely to be given analgesics at the recommended level... it doesn't matter what part of the country you're in, it doesn't matter what type of place you'd present to, that we've seen fairly consistently." In addition, she says, there have been similar racial differences found in cardiac care and some studies showing delays in kidney transplantation rates."

Chronic pain patients can face tremendous bias, which only increases with intersectional marginalized identities. To make things worse, changing doctors to try to get a competent practitioner can be trigger suspicion of drug seeking behavior. Doing your research ahead of time can be incredibly helpful (though, again, it should not be necessary.)

It's your body

There may have been a time when it made sense to put healthcare providers completely in charge of our health, but that's no longer the case. We need to be part of our healthcare team. No matter how amazing your healthcare practitioner is, they have a bunch of bodies to take care of on any given day. You only have one body — yours — so don't be afraid to get involved in your own care.

The Dream Appointment

Before we get in there and start advocating for ourselves, it's helpful to decide what we are advocating for. What your “dream” appointment looks like will vary from person to person, but here are some basics:

Diverse and comfortable office

You walk into an office where the staff, artwork, and magazines are diverse, so that people from many backgrounds will see themselves represented and feel welcome. There are different kinds of chairs — armless or love seats for those who need more room, chairs with sturdy arms for those who need to use them to get up and down, and plenty of room for wheel-chairs and mobility devices.

Friendly and accepting staff

The staff always makes you feel welcome, and never judged. They have accurate medical records and know your special requests (for example, that you choose not to be weighed, or that you are a survivor of sexual trauma and special care should be taken before touching you).

Attentive and informed practitioners

The practitioner asks for, and listens to, your reason for this specific visit, and asks questions to contextualize it within your greater goals. They encourage you to do your research and be informed and involved, and they welcome your questions. They never make recommendations based on stereotypes or assumptions, and they provide treatment options that are based in research (and never in bias). Those options are in alignment with your culture, values, and overall goals. They provide additional resources for you to educate yourself. You leave feeling like you have a solid strategy and a provider who is part of your trusted team.

Create your own list

Think about what's most important to you in a health care provider. It might be similar to the things I describe above. Other factors to consider might be openness to alternative treatment modalities, support for your dietary preferences, and similar alignment with how you choose to live your life. Of course, practical matters like location (including access to public transportation if needed), accepted insurance companies, and online systems for communicating or accessing records can also figure highly in your choices.

Make some notes of your vision of what a good health care practitioner is like. Then you're ready for the next step of contacting providers and making an appointment.

What is important to me in a health care provider:

1.

2.

3.

4.

5.

Create an action plan for the appointment

No matter how well versed you are in your situation, the doctor's office can be a place where you forget your own name. There's a common phenomenon called a "door knob" question. This happens when the patient waits until the end of the appointment, when the doctor's hand is on the door knob to leave, to say "also, I have this weird growth..." At that point, the practitioner is often out of time and has to ask the patient to set another appointment for something that should have been a higher priority.

The bottom line is that writing things down ahead of time can help you organize your thoughts before and during the appointment so that you make the most of your time with the practitioner. Here is a sample format that you can use.

- Goal(s) for this appointment
- Symptom(s) I have
- Concern(s) I want addressed
- Question(s) I want answered
- Numbers for the doctor — this may involve things like bringing your glucose monitor, or a log of when/how often you use your inhaler, or anything else that the doctor has requested or that you think might be helpful.
- Research — You can print out (or save on your phone or tablet) any research that you think you might want to bring up.

Summing it up

Ideally, we would be a team with our healthcare provider. Dr. Paul Haidet, who runs part of a program at Baylor College of Medicine that helps people communicate with their doctors, says that the ideal doctor-patient relationship is like a meeting of two "experts."

The doctor comes to the meeting with medical expertise. "The patient is entering with contextual knowledge, what these symptoms mean in the broader context of my life, and what kinds of therapies that broader context is going to support."

Sadly, that's not always the case. And healthcare practitioners are just like the rest of us—fallible human beings, some of whom are great at their jobs and some of whom are terrible. Some are focused, others distracted.

If we were screwing up our jobs, we would expect to be corrected for the good of the company. That's all being your own medical advocate is — speaking up for the good of our bodies and our own lives.

Picking the right team, and then working to communicate with them well, is what being your own advocate is all about.

Remember, your health care team works for YOU. Without patients, they would have no business. You have every right to ask questions, take as much time as YOU need, and research procedures or tests before you agree to have them done. You know your body best and you know what you need. You are your own best friend!

The form on the following page could be useful to you in planning for healthcare visits.



Medical Team Appointment Checklist

☐ Blood Glucose Testing Results for at least one week

☐ Questions to ask:

1. _____

2. _____

3. _____

4. _____

5. _____

☐ Results of any research you may have done on the internet or at the library

☐ Pen to take down any notes

Tests (check the ones you feel you need):

☐ A1c (2 times per year)

☐ Oral Glucose Tolerance Test

☐ Urine Test (albumin, once per yr.)

☐ Ketone Tests (if levels +240)

☐ Cholesterol (once per year)

☐ Blood Pressure (frequently)

☐ Foot Exam (every visit)

☐ Eye Exam (once per year)

NOTES: _____

Provider Visited: _____

Date: _____

Next Appointment Date: _____



GLUCOSE TESTING & MEDICATIONS

Along with nutrition, taking your prescribed diabetes medication exactly as instructed is a big part of controlling your blood glucose. You can't take your friend's medication. You can't substitute your medication for something else. If you make a change to your diet, the amount of exercise you get or are prescribed another medication, **LET YOUR HEALTH CARE PROVIDER KNOW.**

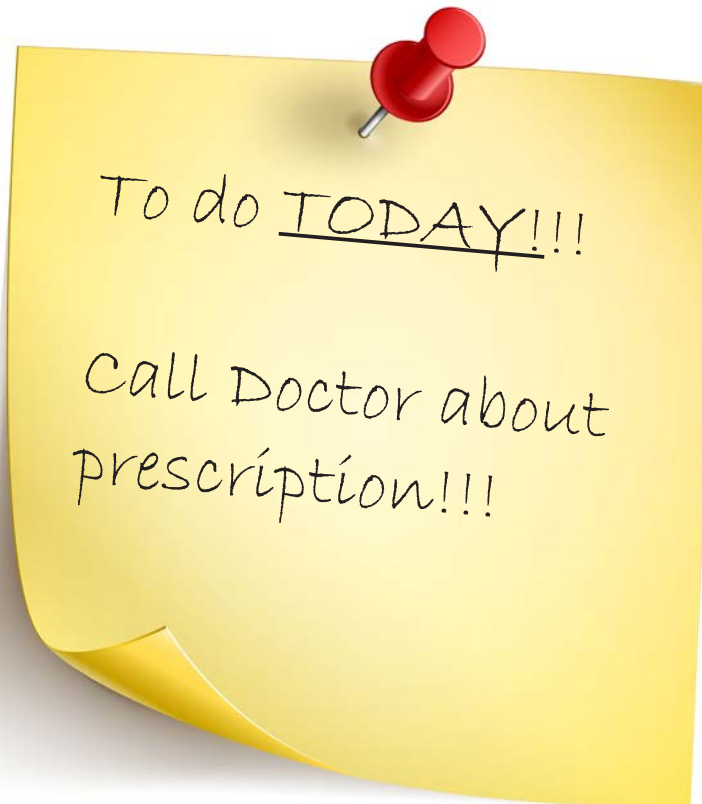
Here is an example for you.

Julia takes a Diabetes Self-Management class. She has been prescribed Metformin to help control her diabetes. As she learns more and more about how to self-manage her diabetes, she gets very excited and makes some major changes to her diet as well as begins to walk 30 minutes every day. Because she takes medication to keep her blood glucose low and she then adds dietary changes and exercise which also keep blood glucose low, she suffers a hypoglycemic episode and has to go to urgent care. By making healthy lifestyle changes without getting a change in dosage for her medication, she lowered her blood glucose too much.

This is why it is **SO IMPORTANT** for you to contact your provider when making any changes.

I will contact my Health Care Provider if.....

- ☐ I make any big changes to my diet or exercise routine
- ☐ My blood glucose levels are swinging up and down even though I am eating the way I should
- ☐ I feel that my medication is making me feel worse (read the information provided with your prescription so you know about possible side-effects)
- ☐ When I am given another prescription from a different provider
- ☐ If I plan to get pregnant or become pregnant without planning to be
- ☐ I am having trouble with my glucometer and am not able to get a good glucose reading



Diabetes Medication

Common Diabetes Treatments:

INSULIN

All people with type 1 need to take insulin everyday via injection, pump or inhaler. Only some with type2 or gestational diabetes require this med.



ORAL MEDS

Those with type 2 diabetes may take a daily cocktail of pills and liquids (sometimes insulin too) to keep blood sugar within a healthy range.



HOME GLUCOSE METER

This treatment starts with you at home, Where you will test your glucose every Day. Based on your levels you will know how, what and when to eat.



There are two major ways to treat diabetes with medication. One is insulin. People who cannot produce insulin (usually Type 1 diabetics) will likely have to give themselves insulin injections. It may also be done with a pump or an inhaler. It is crucial to monitor blood glucose to make sure the insulin is doing what it should do and your blood glucose is not going too low.

Those with Type 2 diabetes may be given oral medication(s) to keep blood glucose within an acceptable range. There are numerous types of diabetes medication.

Please note, even if your blood glucose is being maintained by medication, if you are not providing yourself with the proper nutrition, you can still do damage to your body.

How to use a blood glucose meter (from the American Diabetes Association):

- After washing your hands, insert a test strip into your meter.
- Use your lancing device on the side of your fingertip to get a drop of blood.
- Touch and hold the edge of the test strip to the drop of blood and wait for the result.
- Your blood glucose level will appear on the meter's display.

Note: All meters are slightly different, so always refer to your user's manual for specific instructions.

Other tips for checking:

- With some meters, you can also use your forearm, thigh, or fleshy part of your hand.
- There are spring-loaded lancing devices that make sticking yourself less painful.
- If you use your fingertip, stick the side of your fingertip by your fingernail to avoid having sore spots on the frequently used part of your finger.

Glucose Testing

- If you have Diabetes, self- testing your blood sugar (blood glucose) can be an important tool in managing your treatment plan and preventing diabetes complications. In general, the frequency of testing depends on the type of diabetes you have and your specific treatment plan.
- Type 1- Your Doctor may recommend testing 4-10 times a day, depending on if you are ill, change your normal routine or start new medication.
- Type 2- If you are on an insulin regimen, your Doctor may recommend testing a few times a day, based on the type and amount of insulin you are taking.
- As a general rule, testing is usually recommended before meals and at bedtime if you take multiple injections daily.

Blood Sugar Levels Chart

Normal & diagnostic ranges

mg/dl	fasting		2 hrs post meal
	Min	Max	
Normal	70	99	<140
Prediabetes	100	125	140 - 199
T2 Diabetes	>126		>200

The American Diabetes Association suggests the following targets for most non-pregnant adults with diabetes. A1C targets differ based on age and health. Also, more or less stringent glycemic goals may be appropriate for each individual.

- A1C: Less than 7%
- A1C may also be reported as eAG: Less than 154 mg/dL
- Before a meal (preprandial plasma glucose): 80–130 mg/dL
- 1-2 hours after beginning of the meal (postprandial plasma glucose)*: Less than 180 mg/dL

GLUCOSE LEVELS FOR GESTATIONAL DIABETES

Fasting
& Before
Meals

95
mg/dl

2 Hours
After Meals

120
mg/dl

A1c less
than around

6.0%

The Food and exercise log on the next page has already been offered earlier in this workbook. However, it is so, so important we are adding it here as well. This one log can track your food, exercise, water AND blood glucose levels all in one place. In the notes, be sure to add if your day has been stressful or you are sick with a cold or the flu. Sometimes, stress can be a huge factor in high blood glucose.

All you have to do is keep track every day and then have a look at your results to determine:









1. What food effects your blood sugar levels?
2. How does exercise effect your blood sugar levels?
3. How does stress effect your blood sugar levels?

Be sure to bring your Food and Exercise logs with you when you see your health care provider.

It seems like a lot of work to manage diabetes. It is time consuming, no doubt. BUT YOU ARE WORTH IT!!! It is most definitely worth your time to self-care. Try to make the time for yourself and your health.

FOOD AND EXERCISE LOG

DATE: _____

Meal	Item / Amount
Breakfast	
Lunch	
Dinner	
Snacks	
Water	 ___oz  ___oz  ___oz  ___oz  ___oz  ___oz  ___oz  ___oz

Minutes	Physical Activity (Cardio / Strength / Flexibility)

Blood Glucose Levels			
Breakfast	Lunch	Dinner	Other

Notes

OTC (Over the Counter) & Herbal Medicines

Choosing the right OTC medication can be challenging for patients with diabetes, because many contain carbohydrates that can affect blood glucose levels, as well as ingredients that can interact with the prescription medications they are taking.

In addition, diabetes is often listed in the “warnings” section of the Drug Facts label as a condition requiring the patient to consult with a doctor before use.

Over the counter and herbal medications may effect your blood glucose levels. Cold and flu medication is frequently full of sugar. This, on top of being sick already, can be dangerous. Read your labels. Your pharmacist will be the most knowledgeable person to ask about possible drug interactions. They can suggest OTC medications that will work well for you and should know what herbal remedies you should avoid. Just ask. That's what they are there for!

Remember learning how to be your own advocate? This is a big part of it!



Exercise

Yes, exercise. I realize it can be a challenge for a lot of us but we just need to look at it a little bit differently. Exercise just means movement, really. Start out by checking off all the things on this list you do at least twice a week. Be sure to check with your health care provider to be sure you are up for more movement.

- | | |
|---|---|
| <input type="checkbox"/> Laundry | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Sweeping (inside or outside) | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Climbing stairs | <input type="checkbox"/> Walking a block or two or more |
| <input type="checkbox"/> Vacuuming | <input type="checkbox"/> Kayaking |
| <input type="checkbox"/> Dusting | <input type="checkbox"/> Going to the gym |
| <input type="checkbox"/> Mowing the yard (non-riding mower) | <input type="checkbox"/> Unloading groceries |
| <input type="checkbox"/> Grocery Shopping | <input type="checkbox"/> Pulling weeds |
| <input type="checkbox"/> Playing with children | <input type="checkbox"/> Trimming in the garden |
| <input type="checkbox"/> Playing with pets | <input type="checkbox"/> Making beds |
| <input type="checkbox"/> Raking the lawn | <input type="checkbox"/> Washing dishes by hand |
| <input type="checkbox"/> Cleaning bathroom | <input type="checkbox"/> Strength training |
| <input type="checkbox"/> Loading/unloading dishwasher | <input type="checkbox"/> Riding a bike |
| <input type="checkbox"/> Taking out trash | <input type="checkbox"/> Walking the dog |
| <input type="checkbox"/> Walking from car to building | <input type="checkbox"/> Folding laundry |
| <input type="checkbox"/> Walking to the mailbox | <input type="checkbox"/> Jumping rope |
| <input type="checkbox"/> Watering the lawn | <input type="checkbox"/> Carrying a child/baby |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Other?? |

Everything you checked is exercise! You are probably already getting some exercise. It's just a matter of possibly getting a little bit more. The key is to DO SOMETHING YOU ENJOY. If you do not enjoy the body movement, you won't keep doing it. Dance during commercials on the TV. Walk your dog in the neighborhood. Try an active hobby like gardening or wood-working. There are so many things that can help your body get into motion. As Nike says, "Just do it!"

Make a list below of your excuses to not exercise. Then, come up with the solution to your excuses. We started you off with an example.

EXCUSES TO NOT EXERCISE

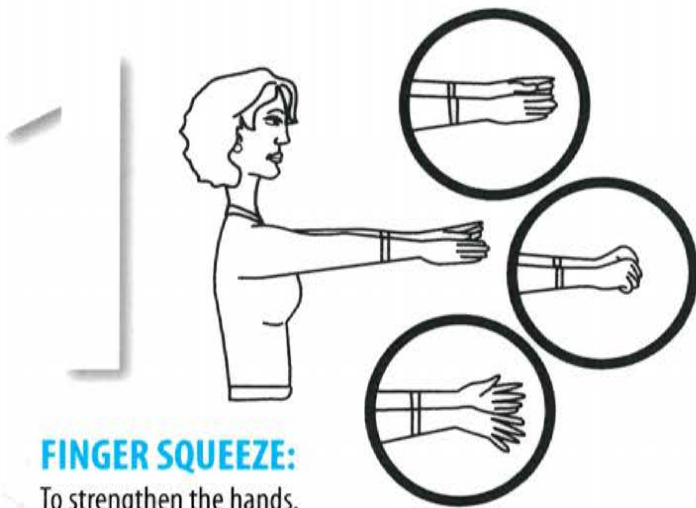
1. It's too hot

SOLUTIONS

1. Walk at the mall or swim

Sit to Fit

If you have mobility issues or are concerned about falling, you can exercise mostly from the safety of a chair! Check out these exercises to see if they might work for you. Once you get them memorized, you can even exercise while you watch a movie. Following that is an article with some tips on how to stick with keeping your body in motion!



FINGER SQUEEZE:

To strengthen the hands.



SHOULDER SHRUG:

For the upper back.



TOUCH SHOULDERS:

To increase flexibility of the shoulders.



ARM CIRCLES:

To strengthen shoulders and upper back.

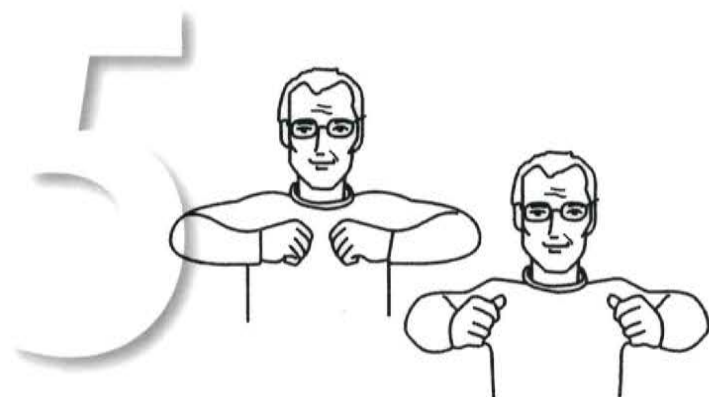
Sit and be fit

Module 4

Gateway Community Health Center, Inc.



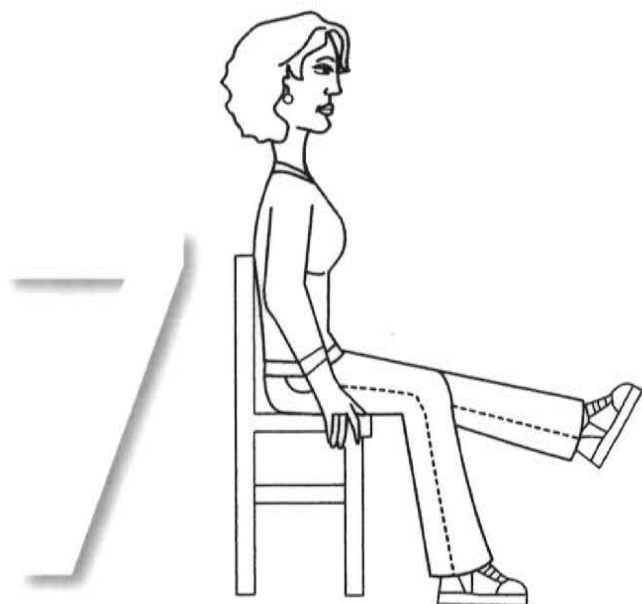
Empowering Communities For Better Health



CHAIN BREAKER:
To stretch chest muscles.



**SIMULATED CRAWL STROKE
BACK STROKE
BREAST STROKE:**
To stretch shoulder girdle.



LEG EXTENSIONS:
To tone the upper leg muscles.

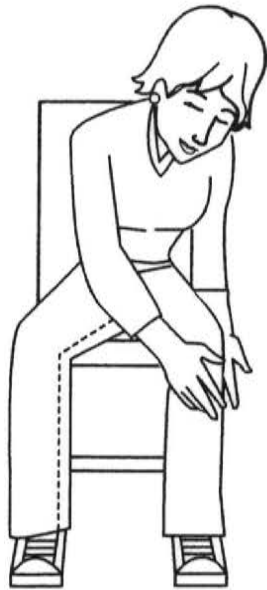


ANKLE AND FOOT CIRCLING:
To improve flexibility and range of motion of ankles.



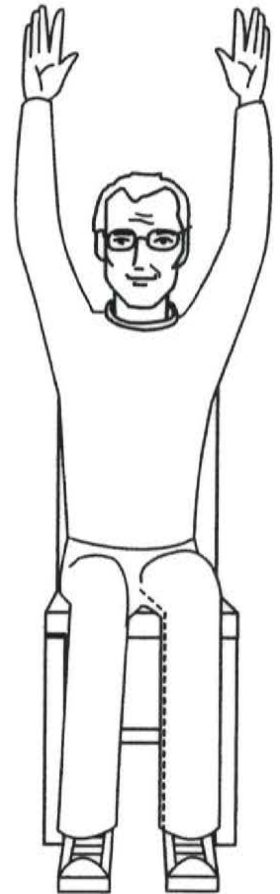
Sit and be fit

Module 4



BACKSTRETCH:

To improve the flexibility of the lower back.



REACH:

To stretch shoulder girdle and rib cage.



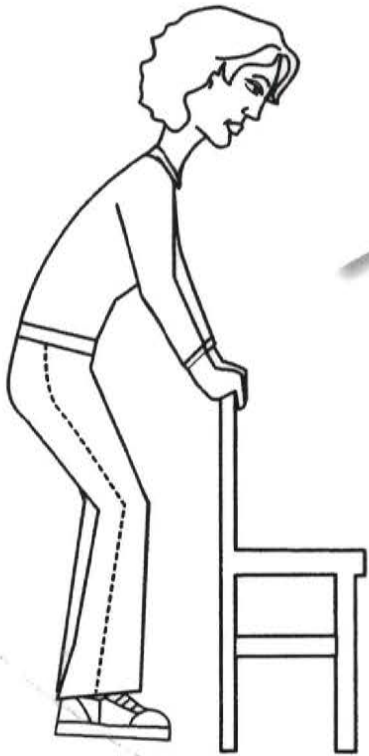
BACK LEG SWING:

To firm the buttocks and strengthen the lower back.



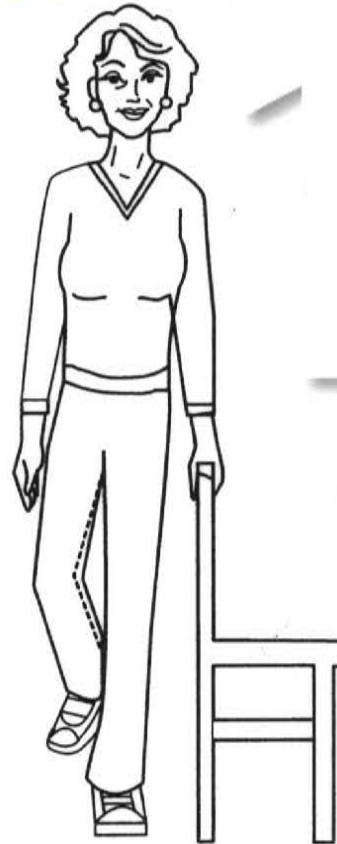
Sit and be fit

Module 4



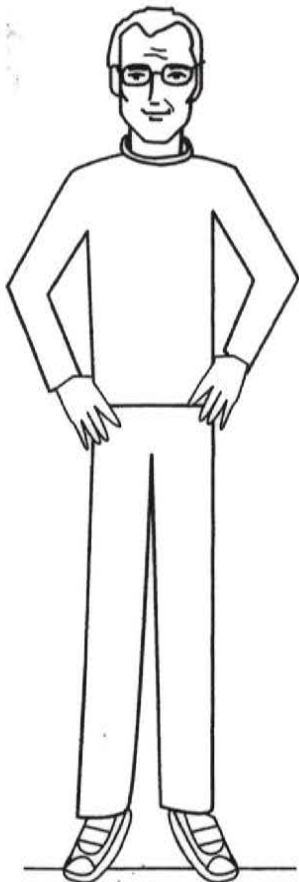
QUARTER SQUAT:

To tone and strengthen lower leg muscles.



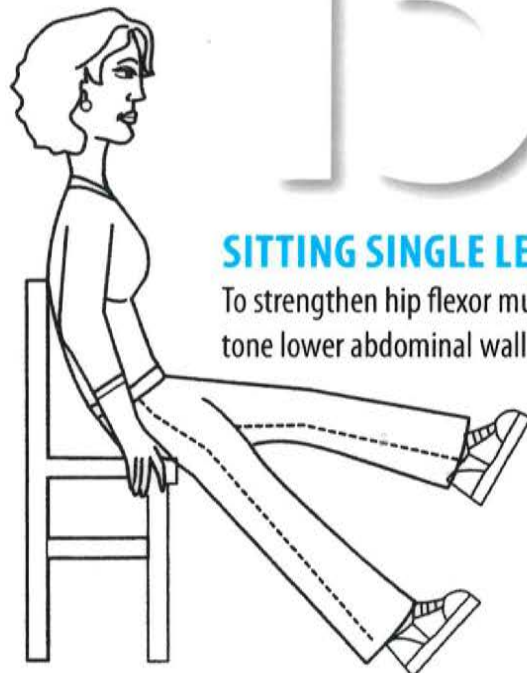
KNEE LIFT:

To strengthen hip flexors and lower abdomen.



HEEL RAISES:

To strengthen the calf muscles and ankles.



SITTING SINGLE LEG RAISES:

To strengthen hip flexor muscles and tone lower abdominal wall.

How to Start Exercising and Stick to It

Making exercise an enjoyable part of your everyday life may be easier than you think. These tips can show you how.



What's keeping you from exercising?

If you're having trouble beginning an exercise plan or following through, you're not alone. Many of us struggle getting out of the sedentary rut, despite our best intentions.

You already know there are many great reasons to exercise—from improving energy, mood, sleep, and health to reducing anxiety, stress, and depression. And detailed exercise instructions and workout plans are just a click away. But if knowing how and why to exercise was enough, we'd all be in shape. Making exercise a habit takes more—you need the right mindset and a smart approach.

While practical concerns like a busy schedule or poor health can make exercise more challenging, for most of us, the biggest barriers are mental. Maybe it's a lack of self-confidence that keeps you from taking positive steps, or your motivation quickly flames out, or you get easily discouraged and give up. We've all been there at some point.

Whatever your age or fitness level—even if you've never exercised a day in your life—there are steps you can take to make exercise less intimidating and painful and more fun and instinctive.

during the week, get up and get moving during the weekend when you have more time.

"I'm too tired."

It may sound counterintuitive, but physical activity is a powerful pick-me-up that actually reduces fatigue and boosts energy levels in the long run. With regular exercise, you'll feel much more energized, refreshed, and alert at all times.

"I'm too fat," "I'm too old," or "My health isn't good enough."

It's never too late to start building your strength and physical fitness, even if you're a senior or a self-confessed couch potato who has never exercised before. Very few health or weight problems rule exercise out of the question, so talk to your doctor about a safe routine.

"Exercise is too difficult and painful."

"No pain, no gain" is an outdated way of thinking about exercise. Exercise shouldn't hurt. And you don't have to push yourself until you're soaked in sweat or every muscle aches to get results. You can build your strength and fitness by walking, swimming, or even playing golf, gardening, or cleaning the house.

"I'm not athletic."

Still have nightmares from PE? You don't have to be sporty or ultra-coordinated to get fit. Focus on easy ways to boost your activity level, like walking, swimming, or even working more around the house. Anything that gets you moving will work.

How much exercise do you need?

The key thing to remember about starting an exercise program is that something is always better than nothing. Going for a quick walk is better than sitting on the couch; one minute of activity will help you lose more weight than no activity at all. That said, the current recommendations for most adults is to reach at least 150 minutes of moderate activity per week. You'll get there by exercising for 30 minutes, 5 times a week. Can't find 30 minutes in your busy schedule? It's okay to break things up. Two 15-minute workouts or three 10-minute workouts can be just as effective.

Listen to your body. If you feel pain or discomfort while working out, stop! If you feel better after a brief rest, you can slowly and gently resume your workout. But don't try to power through pain. That's a surefire recipe for injury.

How to make exercise a habit that sticks

There's a reason so many New Year's resolutions to get in shape crash and burn before February rolls around. And it's not that you simply don't have what it takes. Science shows us that there's a right way to build habits that last. Follow these steps to make exercise one of them.

Start small and build momentum

A goal of exercising for 30 minutes a day, 5 times a week may sound good. But how likely are you to follow through? The more ambitious your goal, the more likely you are to fail, feel bad about it, and give up. It's better to start with easy exercise goals you know you can achieve. As you meet them, you'll build self-confidence and momentum. Then you can move on to more challenging goals.

Make it automatic with triggers

Triggers are one of the secrets to success when it comes to forming an exercise habit. In fact, research shows that the most consistent exercisers rely on them. Triggers are simply reminders—a time of day, place, or cue—that kick off an automatic reaction. They put your routine on autopilot, so there's nothing to think about or decide on. The alarm clock goes off and you're out the door for your walk. You leave work for the day and head straight to the gym. You spot your sneakers right by the bed and you're up and running. Find ways to build them into your day to make exercise a no-brainer.

Reward yourself

People who exercise regularly tend to do so because of the rewards it brings to their lives, such as more energy, better sleep, and a greater sense of well-being. However, these tend to be long-term rewards. When you're starting an exercise program, it's important to give yourself immediate rewards when you successfully complete a workout or reach a new fitness goal. Choose something you look forward to, but don't allow yourself to do until after exercise. It can be something as simple as having a hot bath or a favorite cup of coffee.

For many, simply getting outside makes all the difference. You may enjoy running outdoors, where you can enjoy alone time and nature, even if you hate treadmills.

Just about everyone can find a physical activity they enjoy. But you may need to think beyond the standard running, swimming, and biking options. Here are a few activities you may find fun:

1. horseback riding
2. ballroom dancing
3. rollerblading
4. hiking
5. paddle boarding
6. kayaking

7. gymnastics
8. martial arts
9. rock climbing
10. Zumba
11. Ultimate Frisbee
12. fencing

Make it a game

Activity-based video games such as those from Wii and Kinect can be a fun way to start moving. So-called “exergames” that are played standing up and moving around—simulating dancing, skateboarding, soccer, bowling, or tennis, for example—can burn at least as many calories as walking on a treadmill; some substantially more. Once you build up your confidence, try getting away from the TV screen and playing the real thing outside. Or use a smartphone app to keep your workouts fun and interesting—some immerse you in interactive stories to keep you motivated, such as running from hordes of zombies!

Pair it with something you enjoy

Think about activities that you enjoy and how you can incorporate them into an exercise routine. Watch TV as you ride a stationary bike, chat with a friend as you walk, take photographs on a scenic hike, walk the golf course instead of using a cart, or dance to music as you do household chores.

life

If you're not the kind of person who embraces a structured exercise program, try to think about physical activity as a lifestyle choice rather than a task to check off your to-do list. Look at your daily routine and consider ways to sneak in activity here and there. Even very small activities can add up over the course of a day.

Make chores count. House and yard work can be quite a workout, especially when done at a brisk pace. Scrub, vacuum, sweep, dust, mow, and weed—it all counts.

Look for ways to add extra steps. Take the stairs instead of the elevator or escalator. Park farther from a building entrance, rather than right out front. Get off your train or bus one stop early. The extra walking adds up.

Ditch the car whenever possible. Instead of driving everywhere, walk or bike instead when the distance is doable.

Move at work. Get up to talk to co-workers, rather than phoning or sending an email or IM. Take a walk during your coffee and lunch breaks. Use the bathroom on another floor. Walk while you're talking on the phone.

Exercise during commercial breaks. Make your TV less sedentary by exercising every time commercials come on or during the credits. Options include jumping jacks, sit-ups, or arm exercises using weights.

How getting a dog can boost fitness

Owning a dog leads to a more active lifestyle. Playing with a dog and taking him for a walk, hike, or run are fun and rewarding ways to fit exercise into your schedule. Studies have shown that dog owners are far more likely to meet their daily exercise requirements than non-owners. One year-long study found that walking an overweight dog helped both the animals and their owners lose weight (11 to 15 pounds). Researchers found that the dogs provided support in similar ways to a human exercise buddy, but with greater consistency and without any negative influence.

In another study, public housing residents who walked therapy dogs for up to 20 minutes, five days a week, lost an average of 14.4 pounds in a year, without changing their diets. If you're not in a position to own a dog, you can volunteer to walk homeless dogs for an animal shelter or rescue group. You'll not only be helping yourself, but by helping to socialize and

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I can do this!!!!

List a few ways you can add more movement to your daily life.



GOALS AND ATTITUDE

Your attitude about your health is a key to achieving a healthier lifestyle. A positive attitude will help you not only with this aspect of your life but with your entire life. Of course, no one is happy all the time. Sometimes, life can be a challenge but if you focus on the belief that you can OVERCOME any challenges you face, you will succeed!

Do you always look for the positive things in life? Test yourself. Think back over the last 24 hours. Make a list of all the things — both good and bad — that have happened to you in the past day. Which list is longer? Did you list things like waking up, having food to eat, having clothes to wear, and having a place to live? Look at your list of bad things. Is there any way to put a positive spin on those events? Do any of the black clouds have a silver lining?

Good Things

Not-so-Good Things

Did you learn anything new about yourself? How much do you think you have to change the way you think about life to have a positive attitude?

A True Story:

A 6 year old girl loved basketball. Her Auntie took her to the playground every day after school so she could practice shooting baskets. She did well except for free throws. She grew frustrated after trying and trying and not being able to make a shot from the free throw line. On their way home, her Auntie told her, "When you are in bed tonight getting ready to go to sleep, picture yourself at the free throw line. Envision tossing the basketball into the air and see it go into the basket." The little girl scoffed but agreed to try.

The next day they went to the playground as usual. The little girl stepped up to the free throw line, shot the basketball into the air and watched as it went right into the basket. She exclaimed, "It worked, Auntie! It worked!"

Set a goal. It doesn't matter what it is as long as it has meaning to you. Envision yourself achieving the goal. See it happening over and over again. You can even post affirmations on your bathroom mirror or somewhere else you will see them. Things like, "I walk 30 minutes every day," or "I stick to my meal plan because it is delicious and healthy."

Try not to use the words should or will in your affirmations. They should read as if it is something you are already doing. Try it! You may see a big difference in how you feel about your journey to better health! Following are some tools and tips for setting goals and achieving them.



**You cannot travel back in time to fix your mistakes, but you can learn from them and forgive yourself for not knowing better.
Leon Brown**

You CAN Achieve Your GOALS!!

When you set a goal for yourself, remember: baby steps. Think about the big goal and then plan the small, realistic goals that will get you there. When you climb a mountain, you do it one step at a time!

Plan for some support from a friend, family member or online support group. Support can be crucial in achieving your goals.

THE BIG GOAL _____

_____ Date _____

THE BABY STEPS:

1. _____ Date _____
2. _____ Date _____
3. _____ Date _____
4. _____ Date _____
5. _____ Date _____

REVISIONS/OBSTACLES/NOTES

SUPPORT

**I don't focus on what I'm up
against. I focus
on my goals and I ignore the rest.
Venus Williams**

THE BIG GOAL _____

_____ Date _____

THE BABY STEPS:

1. _____ Date _____
2. _____ Date _____
3. _____ Date _____
4. _____ Date _____
5. _____ Date _____

REVISIONS/OBSTACLES/NOTES

SUPPORT

Stay focused, go after your
dreams and keep moving
towards your goals.
LL Cool J

THE BIG GOAL _____

_____ Date _____

THE BABY STEPS:

1. _____ Date _____

2. _____ Date _____

3. _____ Date _____

4. _____ Date _____

5. _____ Date _____

REVISIONS/OBSTACLES/NOTES

SUPPORT

TIPS FOR REACHING YOUR GOALS

1. Create a Vision Board

The first step is to make sure your goal is clearly defined. Start by visualizing what you want to happen. While a mental picture is a great way to start, I suggest creating an actual board with pictures to capture how you want to feel. Starting each day with a strong visual reminder of your goals is a great way to keep you focused.

2. Work on One Goal at a Time

By setting one small, attainable goal each week, it will help you reach your larger goal without feeling overwhelmed. Make a list of things to help reach your goal each week, and check off items you've accomplished. Give yourself small rewards along the way – it will help motivate you to reach your end goal.

3. Expect Setbacks

Often people tell me they 'fell off the wagon' and suggest starting over next month. The truth is we're not perfect and you can't expect to stay on track 100% of the time. If you find yourself making less than ideal choices one day, don't worry. Let it go and get right back on the program. Remember, you're working towards making life-long changes.

4. Stop the Negative Self-talk

Often when I begin working with someone they'll describe themselves negatively without realizing it. The truth is you've already given yourself a tremendous gift by deciding to make positive, healthy changes. The constant negative talk gets heavy and drags you down. I encourage you to be loving to yourself. You'll be surprised by the magical power of positive thinking.

5. Celebrate your Achievements

When you reach a goal or accomplish a step towards your goal, celebrate! It is too easy to just think, "OK. Did that. Next?" and move one. Give yourself a pat on the back and be proud of every single step you take to achieve your goals!

6. Accountability

Unless you are accountable, you will never really change your habits. There is always an excuse that allows you to easily slip into old patterns. Depending on your personality, there are several strategies including simple smartphone apps, journaling or utilizing a health coach!

7. Be Patient

There is no magic pill that makes things happen overnight. We all know making changes is hard and can be frustrating. The truth is if you stick with it you will feel better, look better and live longer. I promise.

We hope you find this workbook helpful for you. We are not a substitute for your health care providers but we have been trained as Diabetes Educators. We are here to help you whenever you need it. Please, do not hesitate to contact any one of us.

I can *do* **THIS.**



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- ♦Non-emergent care
- ♦Fast access to a visit a healthcare provider



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