

# Living With Diabetes

## How I feel about my weight

### Jesse's story

Jesse is trying to lose a little weight. She never eats breakfast or lunch. Jesse wakes up too late in the morning to eat breakfast. She also skips lunch because she doesn't want the other kids watching her eat. Jesse will snack on foods from the vending machines throughout the day. She is very hungry by the time she gets home from school. Jesse has been eating 2 bowls of macaroni & cheese with chips on most days after school. She is also too tired to exercise after school. Jesse usually watches TV until she eats dinner with her family.

What do you think about Jesse's weight loss plan?

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What are some healthy ways to lose weight or stay at the weight you are at now?

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Sometimes it can feel frustrating to try to lose weight. It is better to lose weight slowly and stay at that weight. Even losing small amounts of weight can improve your health and diabetes. Remember to focus on dietary and activity changes that will lead to controlled weight loss.

#### Health Tips

- ▶ Keep active
- ▶ Decrease time watching TV, playing video games, or computer games to 2 hours per day
- ▶ Eat slowly. It takes the brain 15 minutes or more to get the message that you have eaten
- ▶ Do not skip meals; this can lead to over-eating later in the day
- ▶ Eat foods lower in fat
- ▶ Drinking 8 glasses of water a day can help you to feel full
- ▶ Set the right goals



*See lesson 6 of the manual for more information on setting goals.*