

Take Charge of Your Lifestyle



You have diabetes. But diabetes should not stop you from enjoying your life. Making healthy choices day after day is the best way to take charge of your life.

Your home

- ▶ Keep RED foods out of the house. Eat only in the kitchen or dining room.
- ▶ Take correct portion sizes and limit second helpings.
- ▶ Prepare healthy meals and snacks. Plan ahead before you shop for groceries.
- ▶ Include GREEN physical activity in your schedule and keep your equipment in plain sight.

Your neighborhood

- ▶ Pay attention to what is around you. Are there parks nearby? Good places to walk or bike? A farmers' market? A place to grow your own vegetables?
- ▶ Find a gym where you feel comfortable and make a plan to go there.
- ▶ Compare the foods choices at different grocery stores and restaurants.
- ▶ Learn about programs and activities in the community. Are there support groups for walking or for weight loss? Cooking classes for learning about nutritious foods?

Your school or work

- ▶ Plan carefully what you will eat when you are away from home.
- ▶ Avoid vending machines, convenience stores, and fast-food restaurants.
- ▶ Limit stress. Cut back on your schedule if things seem overwhelming. Set priorities.

Your social life

- ▶ Find healthy ways to deal with your feelings. This will help you avoid emotional eating and negative thinking.
- ▶ Keep your support network strong. Spend time with people who value living a healthy life.
- ▶ Remember that you have a choice in every situation no matter what others do.

Additional resources

- ▶ Keeping Old, Unhealthy Habits Away: LC 22
- ▶ Staying on Track: Magnetic Memo 23
- ▶ Overcoming Healthy Lifestyle Burnout: LM 19

Suggested activity

Look around your home and neighborhood. What do you see that can help you be healthy? Are there things that could hold you back? Talk with your parents and your PAL about the things you find.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help her take charge of her environment?

- ▶ Remind her that her choices are powerful, and being healthy is a choice.
 - ▶ Praise her for the healthy choices she has already made.
 - ▶ Ask her to identify any poor choices she has made recently. Encourage her to think about what she could do differently next time.
- ▶ Structure your home for health. Talk to her about what you are doing and why.
 - ▶ Make healthy meals. Keep RED foods out of the house.
 - ▶ Help her set a limit for the amount of time she spends doing sedentary activities.
 - ▶ Schedule meals, GREEN physical activity, study time, and other important events.
 - ▶ Encourage lifestyle activity such as: working in the yard, walking to the store, and using the stairs instead of the elevator.
- ▶ Help her find resources for healthy living in the community.
 - ▶ Make sure she stays in touch with her healthcare team by scheduling regular medical visits.
 - ▶ Ask other adults about community programs she could try.
 - ▶ Encourage her to check with the YMCA and other agencies about their programs.
 - ▶ Get a map of your community. Help her mark healthy resources on it.

What else can I do?

- ▶ Help her look at all the areas of her life. Talk about how problems in any of these areas can make it hard for her to maintain a healthy lifestyle:
 - ▶ Diabetes control and weight management
 - ▶ Family relationships
 - ▶ Friendships and her support network
 - ▶ Hobbies and special interests, including GREEN physical activity
 - ▶ Self-image
 - ▶ School or work
- ▶ Help her identify any barriers and problem-solve together.

Additional resources

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Suggested activity

Encourage her to evaluate her environment. Talk with her about how she can make healthy choices in all areas of her life. Help her identify two things that could be improved. Discuss ways to improve them.

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