

# *Living Well with Diabetes*

## **Quick Tips for Staying Healthy with Diabetes**

1. Follow the healthy eating plan that you and your doctor or dietitian have worked out.
2. Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.
3. Take your diabetes medicines at the same times each day.
4. Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.
5. Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.
6. Brush and floss your teeth and gums every day.
7. Don't smoke.