

Preventative Care Info Sheet

Diabetes

- **Get More Physical Activity**
 - There are many benefits to regular physical activity. Exercise can help you:
 - Lose weight, Lower your blood sugar and Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range
 - Research shows that both aerobic exercise and resistance training can help control diabetes, but the greater benefit comes from a fitness program that includes both.
- **Get Plenty of Fiber**
 - It's rough, it's tough — and it may help you:
 - Reduce your risk of diabetes by improving your blood sugar control, Lower your risk of heart disease, Promote weight loss by helping you feel full
 - Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.
- **Go to Whole Grains**
 - Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and many cereals.
- **Skip Fad Diets and Just Make Healthier Choices**
 - Fad diets may help you lose weight at first, but their effectiveness at preventing diabetes isn't known. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

Hypertension

- **Maintain a Healthy Weight**
 - When it comes to hypertension prevention, your weight is crucial. If you are carrying extra weight, losing as little as 10 pounds can help prevent high blood pressure.
- **Eat a Balanced Diet**
 - Eating healthful foods can help keep your blood pressure under control. Get plenty of fruits and vegetables, especially those rich in potassium, and limit your intake of excess calories, fat, and sugar.
- **Cut Back on Salt**
 - For many people, eating a low-sodium diet can help keep blood pressure normal. You can cut back on your total salt intake by avoiding high-sodium packaged and processed foods and not adding extra salt to your meals
- **Exercise Regularly**
 - The more exercise you get, the better, but even a little bit can help control blood pressure. Moderate exercise for about 30 minutes three times a week is a good start.
- **Reducing Stress**
 - Stress temporarily spikes your blood pressure and prolonged exposure to stress hormones can lead to long term damage to the body.