







## KEEP A FOOD JOURNAL

A food journal is one of the best tools for weight management. It helps you track what you eat, discover habits and learn where you can make healthy adjustments!



## USE THE PLATE METHOD AS A GUIDE

The plate method is an easy way to plan healthy, diabetes-friendly meals with the right combination of nutrients without too much stress.



## PLAN AHEAD

Life is busy! The more you can think ahead about when, where and what you'll be eating ahead of time, the more likely you'll be to stay on track. Pack healthy snacks, meal plan and meal prep to help you stay on track.



## ALLOW YOURSELF SOME WIGGLE ROOM

An all or nothing mentality may be motivating at first, but can actually lead to binge eating and yo-yo dieting over time. Allow yourself the occasional treat, then practice not feeling guilty after you've enjoyed it.



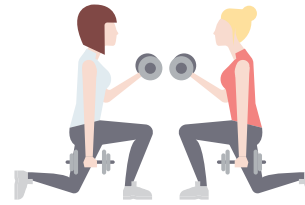
## EAT MINDFULLY

Slowing down and being aware of what we're eating and how it tastes helps us become more conscious of what we're actually eating. And as a bonus, you'll enjoy your food more too!



## MAKE SMARTER GOALS

Set an exercise goal like “I will walk 30 minutes a day, 2 days per week,” instead of something vague like “I will walk more” or “I will walk everyday.” Making your goal specific and achievable increases confidence and leads to more success in the long run.



## INVOLVE FRIENDS

Find friends, neighbors or even coworkers who might join you for some movement. You’re more likely to show up for your group fitness class or take a walk on your lunch break if you know someone is counting on you to be there.



## CHANGE IT UP

Working out doesn’t have to be boring. Try as many different forms of movement as you can to keep your routine exciting for you... and more beneficial for your muscles!



## FIND YOUR WHY

If you don’t feel excited to exercise, think about WHY you want to be healthier. Perhaps you want to be able to walk without pain on a vacation or be able to play at the park with your grandkids. Discover your reason for health and use that when you need a little extra motivation.



## FOCUS ON ADDING HEALTHY HABITS INSTEAD OF TAKING THINGS AWAY

Many diets start by eliminating certain foods, but deprivation doesn't work in the long run. A more practical option is to add healthy habits instead. Try getting more activity or drinking more water to start.



## TREAT YOUR SLEEP AS SACRED AND PRIORITIZE GETTING THE SLEEP YOU NEED

Sleep makes you healthier and more productive and it should be a priority. Sometimes that means saying no to social events or early morning workouts. Arrange your schedule so you can get the hours of sleep you need - your body and brain will thank you.



## KNOW WHEN TO CALL FOR HELP

Talk with your doctor about having a sick day plan, and knowing what to do when your blood glucose is too low or too high.



## USE YOUR METER TO LEARN

Check blood glucose before and after meals to learn how different foods affect your blood sugar.



## KICK THE HABIT

If you smoke, this is the year to quit! Also, if you are drinking more than the ADA recommends (1 drink / day for women, 2 drinks / day for men), cutting down will really help your health too.



## TAKE MEDICINES AS PRESCRIBED

The single most important thing that any person with diabetes can do to be healthy is take their medication as prescribed. If you only choose one goal for 2020, this is the place to focus!



## KNOW YOUR NUMBERS

Keep track of your key numbers (A1c, BP, Cholesterol, Kidney function check) and get your important exams done every year—a dental exam, eye exam and foot exam.



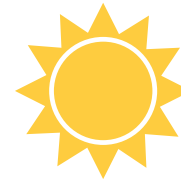
## GET SUPPORT AND ASK FOR HELP

When it comes to diabetes management, you don't have to do it alone. Find health care professionals, friends and support groups and start building your village of support-- there's more help out there than you think.



## PRACTICE MEDITATION OR BREATHING EXERCISES

Stress is a reality in our lives-- the question is, how do we manage it? Meditation is a tool that many people find helpful for managing stress.



## START YOUR DAY OFF RIGHT!

How we feel in the morning determines so much about the rest of the day... is it possible to prioritize a healthy habit in the morning? (doing some exercise, eating a healthy breakfast, etc.)



## LEARN TO IDENTIFY YOUR FEELINGS

It can be uncomfortable to sit within your feelings, but the more you can learn to feel and sit in your feelings and then identify them, the better you will be able to cope in healthier ways. It will also help you better differentiate between physical and emotional hunger - which can lead to a decrease in emotional eating.