

## Diabetes Management & Prevention Physical Activity & Healthy Eating Toolbox



While there isn't yet a cure for diabetes, it can be prevented or managed by watching your weight, eating healthy and regular physical activity. Taking medicine as prescribed, participating in a diabetes self-management education (DSME) program, managing your blood sugar levels and keeping up with your health care appointments are also key if you've been diagnosed with diabetes. As Warfighters, these guidelines are especially vital to ensure you are in the best health possible, ready to fight and win when called to serve.

### How Physical Activity Keeps Diabetes at Bay

Keeping an active lifestyle positively impacts overall health, including maintaining a healthy weight, sleeping better, improving memory and focus, feeling happier and lowering LDL ("bad") cholesterol while raising HDL ("good") cholesterol. Physical activity helps control blood sugar levels and lowers your risk of heart disease and nerve damage. If you have diabetes, being active makes your body more sensitive to insulin--the hormone that allows cells in your body to use blood sugar for energy--which helps manage the condition.

### How Proper Nutrition Keeps Diabetes in Check

Like physical activity, good nutrition habits include many health benefits and help protect against chronic illnesses, including diabetes. Both your mind and body need certain nutrients to function not only properly, but optimally. Just as healthy foods are helpful, unhealthy foods can be harmful. With diabetes, eating healthy foods in the proper portions at the right time helps your blood sugar stay in target range as much as possible.

### Quick Facts and Tips for Preventing and Managing Diabetes:

- Diabetes is connected to chronic kidney disease and heart disease. When you prevent or manage one condition, you can help benefit all three.
- Symptoms include frequent urination, blurry vision and numb or tingling hands or feet.
- Risk of a shark attack is 1 in 11.5 million, while risk of prediabetes is 1 in 3 in adults.
- More than 8 out of 10 adults with prediabetes don't know they have it.
- With physical activity - find something you enjoy, start small, find a partner, pick a goal and schedule it into your day.

As a Warfighter, you must never forget it is your duty to rise to this challenge to strive to prevent diabetes or if diagnosed, to properly manage it. The bottom line, our country needs you healthy to do your job and to keep safe those you've sworn to protect.