

Diabetes Prevention

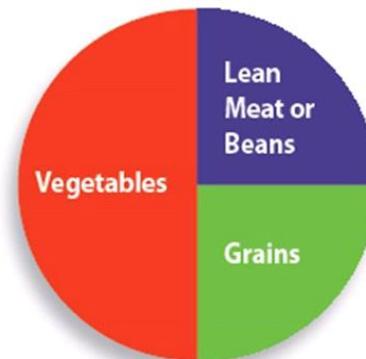
**Talk to
your doctor
before
changing
your diet
and
exercise
routines.**

Exercise

- Set a goal to get at least 150 minutes of exercise a week.
- Exercise can be:
 - Walking or wheeling around the neighborhood
 - Seated dancing
 - Hand cycling
 - Swimming
 - Wheelchair basketball, tennis, or soccer
- Write down the amount of exercise you do every day in a journal or on your phone.

Healthy Eating

- Eat food low in calories, fat, and sugar.
- Your plate should look like this:



- Eat a small amount of low-fat dairy food and fruit.
- Write down the food that you eat every day in a journal or on your phone.

Tips and Tricks

Helpful Resources:

The Disability and Health Program has videos and tip sheets for persons with disability about healthy eating and physical activity

<http://www.floridahealth.gov/programs-and-services/people-with-disabilities/disability-and-health-program/>

The Center of Disease Control and Prevention (CDC) has information on staying healthy and physical activity

<https://www.cdc.gov/physicalactivity/basics/>

The National Center for Health, Physical Activity and Disability has information about health and exercise for persons with disability

<http://www.nchpad.org/>

Eating Fewer Calories

- Drink water instead of soda or juice.
- At restaurants, look for words like:
 - Baked
 - Steamed
 - Grilled
 - Broiled
 - Light
 - Low-fat
 - Fat-free
 - Whole grains
- Plan meals and make shopping lists ahead of time to avoid unhealthy eating.
- Don't eat snacks from the bag. Put them in a single serving bowl or on a plate instead.



Staying Motivated

- Get enough sleep every night.
- Take a 2 minute fitness break every 30 minutes.
- Celebrate your success.
- Give yourself non-food rewards for meeting your goals.

