



Diabetes *it's in your hands*

10 steps to good health - What can you do?

This is your guide to managing your diabetes and includes a list of regular checks to maintain good health.

- Step 1** Follow a healthy eating plan (low in fat, particularly saturated fat, high in fibre and a suitable carbohydrate intake).
- Step 2** Have regular planned physical activity. Aim for 30-45 minutes on most days.
- Step 3** Measure your blood glucose levels and maintain them within the recommended range.
- Step 4** Have your blood pressure and cholesterol checked and treated if high.
- Step 5** If you drink alcoholic beverages, do so in moderation.
- Step 6** Do not smoke.
- Step 7** Check your feet daily for any changes.
- Step 8** Have regular eye examinations.
- Step 9** See your doctor regularly.
- Step 10** Maintain a positive 'stay well' attitude.