

Don't SUGAR coat it!

DIABETES is a disease that occurs when your blood sugar is too high. If left untreated high blood sugar can cause health problems, such as heart disease, stroke, nerve damage, eye problems, and kidney disease. Fortunately, it's never too late to start making simple changes to avoid serious health complications from diabetes. Here are some actions you can take to lower your risk of developing the disease.

- 1 GET MORE EXERCISE** Get at least 30 minutes of physical activity 5 days a week. Research shows that combining aerobic exercise with resistance training can help control diabetes.
- 2 LOSE EXCESS WEIGHT** If you're overweight, every pound you lose can help you prevent diabetes. It may be possible to delay or prevent diabetes by losing just 5-7% of your weight.
- 3 IMPROVE YOUR DIET** Eating plenty of high-fiber foods including fruits, vegetables, beans, whole grains, and nuts can reduce your risk of diabetes by improving your blood sugar control.



COMMUNITY RESOURCES


Bellin Health is committed to offering free resources to help you prevent or manage diabetes.

PLAN for better nutrition and health with the assistance of a Bellin Health Registered Dietician Nutritional Counselor or an accredited Diabetic Educator. Whether you are newly diagnosed with diabetes or looking to prevent it, help is just a phone call away, call **920.445.7220**.


JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact **wellnessconsultant@bellin.org**.

CONTACT our Bellin Health Lifestyle Medicine team at **lifestylemedicineteam@bellin.org** for more community resources, support, and next steps.

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