

7 STEPS FOR BETTER LIVING WITH DIABETES



National Jewish Health™
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1

EAT HEALTHY



Make healthy food choices



Watch portion sizes



Eat regular meals

4

TAKE MEDICATION



Know your pills and insulins, understand how they work and take the right doses at the right times

5

PROBLEM SOLVE



Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

2

BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day



Lose 10–20 pounds if you are overweight

6

REDUCE RISK



Quit smoking



Do regular health exams (eye, foot, dental)



See your doctor regularly for check-ups and tests

3

MONITOR



Check your blood sugar levels; know your A1C



Check your blood pressure, cholesterol, eyes, feet and teeth

7

COPE WELL



Get support from your family, friends and diabetes care team



Set realistic goals and work toward them

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Table of Contents Diabetes Living Learning

1. Understanding the eBook Diabetes Living Learning
 - The Rise of Digital Reading Diabetes Living Learning
 - Advantages of eBooks Over Traditional Books
2. Identifying Diabetes Living Learning
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Diabetes Living Learning
 - User-Friendly Interface
4. Exploring eBook Recommendations from Diabetes Living Learning
 - Personalized Recommendations
 - Diabetes Living Learning User Reviews and Ratings
 - Diabetes Living Learning and Bestseller Lists

5. Accessing Diabetes Living Learning Free and Paid eBooks
 - Diabetes Living Learning Public Domain eBooks
 - Diabetes Living Learning eBook Subscription Services
 - Diabetes Living Learning Budget-Friendly Options
6. Navigating Diabetes Living Learning eBook Formats
 - ePub, PDF, MOBI, and More
 - Diabetes Living Learning Compatibility with Devices
 - Diabetes Living Learning Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Diabetes Living Learning
 - Highlighting and Note-Taking Diabetes Living Learning
 - Interactive Elements Diabetes Living Learning
8. Staying Engaged with Diabetes Living Learning
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Diabetes Living Learning
9. Balancing eBooks and Physical Books Diabetes Living Learning
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Diabetes Living Learning
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Diabetes Living Learning
 - Setting Reading Goals Diabetes Living Learning
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Diabetes Living Learning
 - Fact-Checking eBook Content of Diabetes Living Learning
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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