

# Living Well Tip of the Week

## You can take steps to prevent type 2 diabetes.

(Read about Type 2 Diabetes at <https://www.webmdhealth.com/ut/default.aspx?startid=3032> )

*Even small changes can make a difference and it is never too late to start making healthier choices.*

### •Maintain a healthy weight

To find out if you are overweight, you can use the body mass index (BMI) chart for adults. If you need to lose weight, losing as few as 10 to 20 lbs can help reduce your risk of developing diabetes.

(<https://www.webmdhealth.com/ut/default.aspx?startid=1234> )

### •Exercise regularly

Getting enough exercise lowers your risk of developing type 2 diabetes. Do activities that raise your heart rate. Also include resistance exercises in your exercise program. Resistance exercises can include activities like weight lifting or even yard work. Walking groups or programs where you use a pedometer to count the number of steps you take in a day are great ways to start exercising and to stay motivated.

(<https://www.webmdhealth.com/ut/default.aspx?startid=1237> )

### •Eat healthy foods

Eat a balanced diet, including whole grains, lean meat, and vegetables.

Limit saturated fats.

Limit alcohol.

Limit calories in order to avoid gaining weight, or to help you lose weight.

Reduce your intake of soft drinks, sugary foods, and junk food.

Eat smaller meals more often in order to keep blood sugar levels within your target range.

(<https://www.webmdhealth.com/ut/default.aspx?startid=1242> )