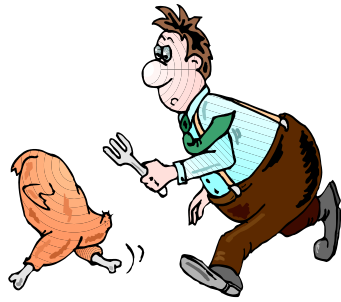


## Eat Smart

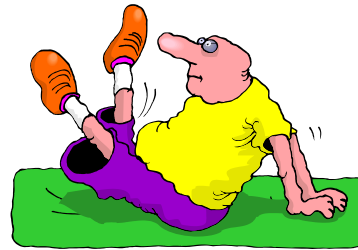


- Use canola or olive oil
- Lose weight
- Use sugar free drinks
- Watch portion size
- Cut down on red meat
- Cut down on fried foods
- Eat more vegetables
- Use artificial sugar
- Use “make a meal” sheets
- Take skin off chicken
- Cut fat off red meat
- Learn to count carbohydrates
- **Your own idea?**

- I’m currently eating a healthy diet
- I’m ready to make changes
- I’m thinking about making changes
- I’m not ready to make changes

Confidence level for change \_\_\_\_\_

## Get Moving



- Take stairs
- Park far from store door
- Get an exercise video tape
- Walk everyday (home, mall)
- Take your children or grandchildren to the park
- Do chair exercises
- Walk the dog
- Join an exercise class
- Dance
- **Your own idea?**

- I already exercise almost every day for 30 minutes or more
- I’m ready to start or to increase my walking or other exercise
- I’m thinking about exercising
- I’m not ready to start exercising

Confidence level for change \_\_\_\_\_

## Follow Good Personal Health Habits



- Take your medication everyday
- Check your blood sugar as instructed
- Check your feet everyday
- Brush your teeth twice a day
- Floss everyday
- Reduce or stop smoking
- See an eye doctor every year
- See a dentist every year
- See a foot doctor every year



- I already do everything above
- I’m ready to make changes
- I’m thinking about making changes
- I’m not ready to make changes in my health habits

Confidence level for change \_\_\_\_\_

You can **help yourself**  
by

- Eating Smart
- Being Active
- Following Good  
Personal Health  
Habits

It's Up to You!

Are you

Managing Diabetes

You Can Do It!



# Ready?

Community Health Center, Inc  
Middletown, CT  
with thanks to the  
Robert Wood Johnson Foundation

# Are you Ready?