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 ______

This product was developed by the RWJF Diabetes Self Management Program at Community Health Center, Inc. in Middleton, CT with support from the Robert Wood Johnson Foundation © in Princeton, NJ.
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?

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