Diabetes Prevention

Talk to your doctor before changing your diet and exercise routines.

Information is from the CDC’s Prevent T2 Curriculum

Exercise

- Set a goal to get at least 150 minutes of exercise a week.
- Exercise can be:
  - Walking or wheeling around the neighborhood
  - Seated dancing
  - Hand cycling
  - Swimming
  - Wheelchair basketball, tennis, or soccer
- Write down the amount of exercise you do every day in a journal or on your phone.

Healthy Eating

- Eat food low in calories, fat, and sugar.
- Your plate should look like this:
  - Eat a small amount of low-fat dairy food and fruit.
  - Write down the food that you eat every day in a journal or on your phone.
**Tips and Tricks**

**Helpful Resources:**

The Disability and Health Program has videos and tip sheets for persons with disability about healthy eating and physical activity


The Center of Disease Control and Prevention (CDC) has information on staying healthy and physical activity

[https://www.cdc.gov/physicalactivity/basics/](https://www.cdc.gov/physicalactivity/basics/)

The National Center for Health, Physical Activity and Disability has information about health and exercise for persons with disability

[http://www.nchpad.org/](http://www.nchpad.org/)

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**Eating Fewer Calories**

- Drink water instead of soda or juice.
- At restaurants, look for words like:
  - Baked
  - Steamed
  - Grilled
  - Broiled
  - Light
  - Low-fat
  - Fat-free
  - Whole grains
- Plan meals and make shopping lists ahead of time to avoid unhealthy eating.
- Don’t eat snacks from the bag. Put them in a single serving bowl or on a plate instead.

**Staying Motivated**

- Get enough sleep every night.
- Take a 2 minute fitness break every 30 minutes.
- Celebrate your success.
- Give yourself non-food rewards for meeting your goals.

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