Healthy Living

It’s never too late to change your habits, and by establishing a healthy lifestyle now, you’ll continue to reap the rewards in the future.
The Eat Well Plate

Get to and stay at a healthy weight. Look at your weight goal in your Chronic Care Passport. Talk with your health provider about getting to a weight that’s right for you. Stop smoking. If you smoke ask your health provider for help to quit.

- 13% Food from Animals
- 5% Fat & Oils
- 30% Vegetables
- 4% Legumes & nuts
- 33% Staples
- 15% Fruits
# Diabetes or Blood Sugar

1. **Diabetes can be controlled with lifestyle changes and medicines.**
   - Visit your health provider regularly. Always take your medication as prescribed.

2. **Look at your treatment goals in your Chronic Care Passport; try to reach and keep them, especially your blood glucose and blood pressure goals.**

3. **Check your blood glucose regularly at home. Record your readings and share them with your doctor or nurse.**

4. **Follow a healthy eating plan. Increase consumption of fish, ground provisions or whole grains, fruits and vegetables.**
   - Keep a daily regime of 3 small meals and 3 snacks.

5. **Eat less salt. Read food labels to find out how much sodium (salt) you eat every day. Aim to eat less than 1500 mg of sodium per day.**

6. **Moderate intake of carbohydrates, proteins and fat.**

7. **Get to and stay at a healthy weight. Talk with your doctor, nurse, nutritionist or dietitian about getting to a weight that’s right for you.**

8. **Exercise. Try to be active every day. Walk as much as you can. Every step counts!**

9. **Do not smoke. If you smoke ask your health provider for help to quit.**

10. **Avoid alcohol.**
Diabetes or Blood Sugar

Foot Care

Look at your feet frequently. Use a mirror or ask a member of your family to do so. If you have scratches, cracks, cuts, blisters or any change in the color of the skin, consult your health care provider immediately.

Wash your feet with warm water every day. Dry your feet gently especially between toes with a clean and soft towel.

If you have dry skin apply a moisturizer to your feet 2-3 times per week. Never apply moisturizer between your toes.

Apply anti fungus talc or powder inside your shoes.

Never walk barefoot. Wear comfortable shoes with enough space for your toes.

Corns and calluses should be treated by a health professional such as a nurse or a podologist, podiatrist or chiropodist.
Hypertension
or High Blood Pressure

High blood pressure can be controlled with lifestyle changes and medicines.

- Visit your health provider regularly. Always take your medication as prescribed.
- Check your blood pressure regularly at home. Record your readings and share them with your doctor.
- Look at your treatment goals in your Chronic Care Passport; try to reach and keep them; especially your blood pressure goal.
- Follow a healthy eating plan. Increase consumption of fish, ground provisions or whole grains, fruits and vegetables.

- Eat less salt. Read food labels to find out how much sodium (salt) you eat every day. Aim to eat less than 1500 mg of sodium per day.
- Get to and stay at a healthy weight. Talk with your doctor, nurse, nutritionist or dietitian about getting to a weight that’s right for you.
- Exercise. Try to be active every day. Walk as much as you can. Every step counts!
- Do not smoke. If you smoke ask your health provider for help to quit.
- Avoid alcohol.
Female

Do not smoke.
Contact your health provider if you have a persistent cough for more than 10 days.

Contact your health provider if over the past two weeks you have felt down, depressed, hopeless or had little interest or pleasure in doing things.

Talk to your health provider about the risk for cervical cancer and ask if you need to have a pap smear done.

Talk to your health provider about the risk for breast cancer and ask if you need a clinical breast exam or a mammography.
Do not smoke. Contact your health provider if you have a persistent cough for more than 10 days.

Contact your health provider if over the past two weeks you have felt down, depressed, hopeless or had little interest or pleasure in doing things.

Talk to your health provider about the risk for prostate cancer and ask if you need a prostate exam or test.
Physical activity! It’s in the house, in the yard, at the office, and even while shopping. Just 30 minutes of moderate physical activity a day at least five days per week is what you need. It can boost your energy and lower your stress and risk of chronic disease. It can be done as common activities - walking, gardening, and housework. They all count! If you think can’t do 30 minutes of activity, start with shorter amounts. Get more out of life with physical activity.

It’s Everywhere You Go!
Simple Exercises to Keep You Healthy

Do physical activity for at least 30 minutes per day, most days.

1. Walking: Walk at a brisk pace for half to one-hour daily and try to increase the distance every day.
2. Stair climb: Climb a staircase using the ball of your feet.
3. Calf stretch: Support your hands against a wall keeping your legs further away than your torso and your feet flat on the floor. Bend your arms 10 times while keeping your back and legs straight.
4. Chair exercise: Sit and stand 10 times while keeping your arms crossed.
5. Ball of the feet exercise: Holding the back of a chair, raise and lower your heels while not moving from place, as though you were walking without raising the point of your feet from the floor.
6. Knee flexions: Holding the back of a chair, bend your knee 10 times while keeping your back straight.
7. Heel exercise: Come to the balls of your feet by raising and lowering your heels 20 times. Additionally, try to alternate placing all your weight on one leg and then on the other.
8. Leg balance: While standing on a book with one leg, swing the other leg forward and back 10 times. Use a table or other fixed object to balance yourself. Alternate leg and repeat.
9. Leg exercise: Sit on the floor with your hands flat behind your back and balance your legs until you feel them relaxed and warm.