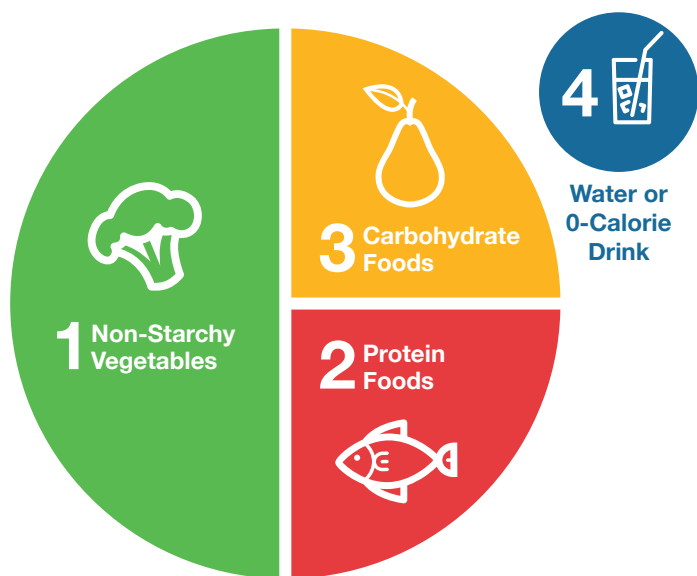




Learn more about Incretins  
and Weight Management for  
Type 2 Diabetes

# Managing Diabetes Day-to-Day

## FOLLOW AN EATING PLAN

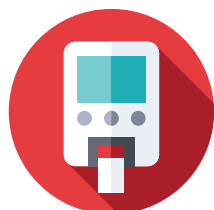


- Eat food slowly so you'll enjoy it more and know when you're full.
- Focus on eating more whole grains, vegetables, fruits, and nuts.
- Check nutrition labels and choose nutrient-dense, minimally processed food that will fit into a healthy eating plan.

## BE PHYSICALLY ACTIVE



- Get 150 minutes/week of moderate-intensity physical activity (where you can comfortably talk but not sing while exercising).
- Incorporate small active moments in your daily routine, such as taking the stairs instead of the elevator or going for walks.
  - Try walking for 30 minutes or take three 10-minute walks a day.
  - Try to stand up and move around every 30 minutes.
- Have fun while you're active, try inviting friends or family to join you.
- Try using a fitness tracker or an app to monitor your physical activity.



**Monitor your blood glucose (blood sugar) levels as outlined in your diabetes care plan.**



**Take your medication as directed, even if you're feeling fine, and consult your health care team before making changes.**



**Address your stress. Take time for yourself, smile and laugh, and look for support.**



**Be aware of signs of depression, your diabetes care team can refer you for support if you need it.**



**Get regular check-ups.**