

TEAMING UP
for Diabetes



• Your Diabetes Game Plan



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What's Inside

You're on your way to a healthy lifestyle

Three important keys to managing diabetes are: eating right, being active, and taking your medication as prescribed. This Game Plan is designed to help you with all three.

Inside, you'll find a lot of helpful information, including:



A simple method that makes meal planning a breeze



Ways to burn up to 100 calories without a trip to the gym



The role of medication and blood sugar tracking



A tool that can help you set goals

Always consult your doctor before making any changes to your diet, exercise routine, or medications.

Eating Right



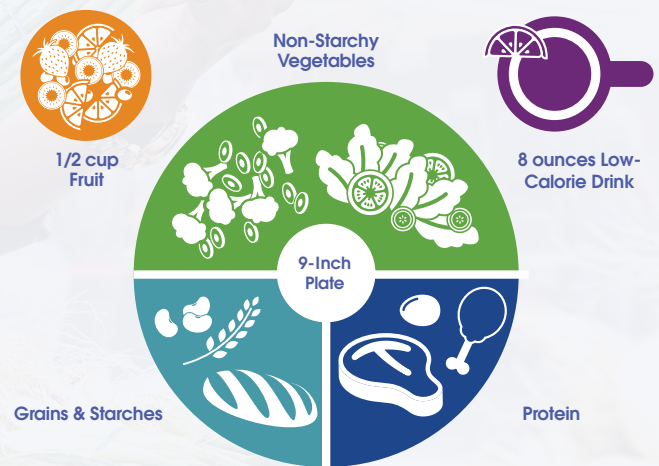
Healthy eating is an important part of keeping your blood sugar in range. Here are some suggestions, tips, and tricks that can help make it a habit.

Serving Up A Healthy Meal Plan

Meal planning doesn't have to be complicated. The Plate Method can help keep things simple. Here's how:

- **Fill 1/2 of your plate with non-starchy vegetables** such as spinach, lettuce, carrots, broccoli, or cauliflower.
- **Fill 1/4 of your plate with grains and starchy vegetables** such as rice, potatoes, whole grain bread, pasta, or corn.
- **Fill 1/4 of your plate with protein foods** such as chicken, seafood, lean beef, tofu, eggs, low-fat cheese, or cooked beans.

The Plate Method





Smart Ideas For Shopping

For healthy choices in the grocery store:

- Make a list and stick to it
- Don't shop when you're hungry
- Stick to the store's outer aisles

Tips For Eating Out

Stay on track the next time you're at a restaurant:

- Ask your waiter not to put bread or chips on your table
- Order first so you're not tempted by other people's choices
- Ask to have half of your entrée wrapped to go before it's served

Healthy Substitutions

Eating healthy doesn't have to mean making drastic changes. See below for some simple, healthy swaps you can make starting today.

Instead Of This	Consider This
White bread	Whole grain bread
Baked white or sweet potato without skin	Baked white or sweet potato with skin
White rice	Lentils
Soft spaghetti	Al dente spaghetti
Corn chips	Nuts
Raisins	Grapes



“Sometimes even a simple switch in foods can make a big difference.”

— Manisha, TeamingUp Coach

Sample Meal Plan

Here are examples of healthy meals that are tasty and easy to make.



Breakfast

2 eggs
1 whole wheat tortilla
1/2 cup green bell peppers
1/2 cup tomatoes
1 tbsp salsa

Scramble the eggs and add sliced bell peppers and tomatoes. Wrap in whole wheat tortilla and top with salsa.
calories: 262
carbs: 29g, fats: 9g

Lunch

2 slices whole wheat bread
2 ounces lean turkey
1 tbsp hummus
1 cup spinach
1/2 cup cucumbers

Toast bread, top with hummus, spinach, cucumbers, and turkey. Have 8 baby carrots and 1 tbsp fat-free ranch dressing as a side.
calories: 279
carbs: 38g, fats: 3g

Dinner

3 ounces salmon
1 tbsp olive oil
1/2 cup brown rice
1 cup green beans

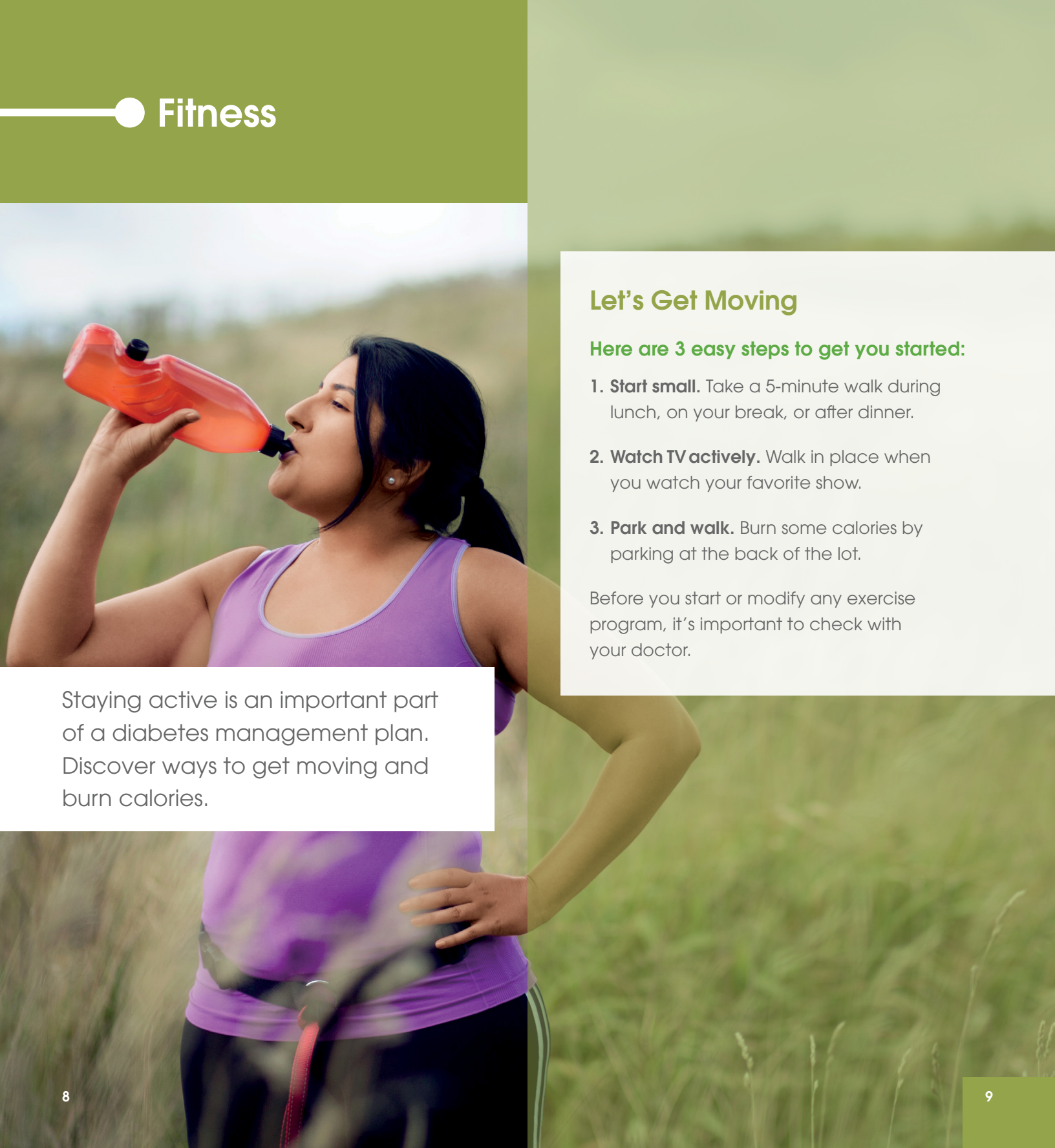
Brush fish with olive oil and bake at 375° for 10 to 20 minutes. Serve with a side of brown rice and green beans.
calories: 371 carbs: 27g, fats: 18g

Snack

1 ounce crushed almonds
1 cup fat-free yogurt
1/4 cup blueberries
1/4 cup raspberries

Place crushed almonds in a cup, add fat-free yogurt, and top with blueberries and raspberries.
calories: 404
carbs: 54g, fats: 15g

For more food facts, go to
TeamUpforDiabetes.com



Staying active is an important part of a diabetes management plan. Discover ways to get moving and burn calories.

Let's Get Moving

Here are 3 easy steps to get you started:

- 1. Start small.** Take a 5-minute walk during lunch, on your break, or after dinner.
- 2. Watch TV actively.** Walk in place when you watch your favorite show.
- 3. Park and walk.** Burn some calories by parking at the back of the lot.

Before you start or modify any exercise program, it's important to check with your doctor.



How To Burn About 100 Calories

Not very active at the moment? Here are some exercises with different intensity levels. Talk to your doctor about how you can get started.

■■■ LEVEL 1:

Burn about 100 calories in 30 minutes

- Stretch
- Take a dog for a walk
- Walk around the room during commercial breaks

■■■ LEVEL 2:

Burn about 100 calories in 20 minutes

- Rake leaves
- Wash and wax the car
- Walk briskly through the mall

■■■ LEVEL 3:

Burn about 100 calories in 15 minutes

- Tread water
- Enjoy a short aerobics class
- Walk uphill

■■■ LEVEL 4:

Burn about 100 calories in 10 minutes

- Jump rope continuously
- Play a game of racquetball
- Walk up stairs





Different Types Of Exercise

Physical activity has many benefits for helping you manage your diabetes:

- Helps your body use insulin better
- Stimulates blood flow
- Lowers blood sugar levels

Try exercising 5 days a week for 30 minutes each day and vary your exercises to involve both aerobic exercises and strength training.

Aerobic exercise

- Taking a brisk walk
- Swimming
- Hiking
- Dancing

Strength training

- Using weight machines
- Using free weights
- Training with resistance bands
- Taking a strength training class

Creating a plan that involves both aerobic exercise and strength training will help you work towards your diabetes management goals.

Always consult your doctor before making any changes to your exercise routine.





Things To Keep In Mind For Safety

- 1. Don't overdo it.** If you're not sure, try the talk test. For moderate exercise, you should be able to talk while exercising.
- 2. Stop immediately if you don't feel well or are feeling pain.** "No pain, no gain" doesn't apply to you. Stop if you feel faint or are hurting.
- 3. Drink lots of fluids.** Avoid sports drinks. Stick with plain or fruit-infused water.

As a reminder it is important to check with your doctor before starting new exercise routines.

Exercise and calorie-burning ideas at [TeamUpforDiabetes.com](https://www.teamupfordiabetes.com)




Balancing Exercise And Blood Sugar

Several things can impact your blood sugar levels, and exercise is one of them. You may even see a drop in your blood sugar as long as 24 hours after you've worked out.

About low blood sugar

Low blood sugar (below 70mg/dL) is also called hypoglycemia. If you experience low blood sugar, the American Diabetes Association recommends following the **Rule of 15**.

The Rule of 15

-  Eat 15–20 grams of fast-acting carbs such as:
 - 5–6 hard candies
 - 2 tablespoons of raisins
 - 1/2 cup of juice or (not diet) soda
 - 3–4 glucose tablets
 -  Wait 15 minutes and check blood sugar again. If it's still below 70 mg/dL, repeat the process.
 -  Once your blood sugar returns to normal, eat a small snack if your next planned meal or snack is more than an hour or two away.
- Talk to your doctor about what to do if you have low blood sugar.

Medication



Medication is another way you and your doctor work towards controlling your diabetes. Monitoring your blood sugar levels is a good way to see if your medication—and overall treatment plan—is working, or if changes need to be made.

There's even more to learn at
[TeamUpforDiabetes.com](https://www.TeamUpforDiabetes.com)

Staying On Track

Just like healthy eating and exercise, medication can play an important role in managing diabetes. Here are some tips:

1. Take your medication as prescribed
2. Build a routine—tie taking your medication to other daily activities
3. Set reminders—use an alarm on your phone or computer

Self-Monitoring


Regular tracking can help you and your doctor see if you are reaching your goals. Testing can be done with a blood sugar monitor that reads your levels from a drop of blood. Your doctor can help you set goals, and create a testing schedule that is right for you. Always share your numbers with your doctor and ask if any changes need to be made to your treatment plan.



“It's important to remember that your diabetes may change over time, and that means your medication may need to change too.”

— Alissa, TeamingUp Coach

● Game Plan



It's go time! The planning tool on the next page will help you zero in on specific goals—and track your progress—when it comes to eating, exercise, and taking your medication. Ready to get started?

Make your own Game Plan at
[TeamUpforDiabetes.com](https://www.TeamUpforDiabetes.com)



Here's How To Do It:

1. Write down your specific goals
2. Decide how often and/or how long
3. Choose a small step to get started
4. Stay on course

See an example and track your progress on the next page.

Your Game Plan

Talk with your doctor about the importance of food, exercise, and medication. Then, track your progress as you move towards your goals.

Exercise and calorie-burning ideas at TeamUpforDiabetes.com

1 Write down your goals	2 Decide how often and/or how long	3 Write down a small step to get started	4 Stay on course with weekly check-ins			
<i>Add exercises to my routine</i>	<i>Every other day for 4 weeks</i>	<i>Walk in place while watching my favorite TV show</i>	✓	2	3	4



Why TeamingUp?

When it comes to your diabetes care, it may help to know you are not alone. It also may help to know whom to turn to for support when you need it. After all, managing your diet, exercise, and blood sugar monitoring, while staying on top of your appointments, treatment, and changes in your overall diabetes management plan can be overwhelming.

TeamingUp for Diabetes offers support and resources, built on the experiences of TeamingUp Champions and Coaches. And remember to always talk to your doctor before making changes to diet and exercise.

● Sign up today at
TeamUpforDiabetes.com