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Reducing Your Risk of Type 2 Diabetes

Diabetes is a serious condition. The good news is: you CAN manage it, by making changes in your lifestyle.

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reducing your risk

If you are concerned about developing type 2 diabetes, the good news is there are simple steps you can take that will help reduce your risk. The list below can also be helpful if you or someone you know has diabetes.

Five things you can start doing right away

1. Keep a healthy weight

- This is done through a combination of [regular exercise and healthy eating](#)
- Talk to your doctor about the right weight for your height
- Learn how to calculate your [Body Mass Index \(BMI\)](#)
 - BMI is a simple way of measuring body weight in relation to height

2. Eat a nutritious, balanced diet

- [Canada's Food Guide](#) is one source of information
- Foods to focus on include:
 - [Fruits and vegetables](#) (5 to 10 servings per day)
 - Eating more [fibre](#)
 - Avoiding salt and saturated [fat](#), where possible
 - Limiting alcohol consumption
 - Understanding proper [portion sizes](#)

3. Stay physically active

- 30 minutes a day is a great target, but you can work up to it slowly
 - Even [walking](#) counts!
- Try a variety of activities such as jogging, stretches and working out
- Include friends or family in your [exercise](#) to make it more enjoyable

4. Quit smoking

- Quitting smoking is tough, but it's one of the best things you can do to improve your health and well-being
- It's never too late to quit and you will start feeling the benefits almost immediately
- With determination and the right help, [quitting smoking](#) is entirely possible. If you want to quit smoking, but don't know where to start, talk to your doctor
- Avoid secondhand smoke where possible

5. Pay attention to your overall health

- Don't underestimate the importance of sleep
 - The average adult needs 7 to 9 hours of sleep each night
 - Lack of sleep could increase the risk for high blood pressure, heart disease and glucose levels that are out of range

It's important to talk to your doctor about being tested for diabetes, and ways you can reduce your risk of developing type 2 diabetes, even if you are actively trying to control these lifestyle factors



Managing Blood Sugar Levels

For people with diabetes, managing blood sugar levels can be tricky. Learn how to take care of your blood sugar levels when they are too low or too high.

[LEARN ABOUT BLOOD SUGAR LEVELS](#)

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