

Healthy Weight and Diabetes Awareness Month



Having a healthy weight and decreasing your risk for Type2 Diabetes go hand in hand! As a person begins to gain weight, no matter their age, risks for chronic diseases like hypertension, heart disease, diabetes, and high cholesterol increase. Currently, 29 million Americans are living with diabetes (that's 1 in 11!), while 86 million Americans are categorized as being pre-diabetic.

Diabetes is the 7th leading cause of death among people living in the United States. Rather than looking at weight management as going on a diet or grueling amounts of exercise, it helps to focus on a more positive perspective - creating a healthy lifestyle and a way to take control over your health outcomes! Changing the way you approach controlling your weight can help you to be successful at maintaining your weight over time.

Three primary factors in making healthy lifestyle changes are:

- Watch Your Diet – Eat well-balanced meals and choose foods that supply you with the appropriate number of calories to maintain your weight and avoid gain
- Get Moving – Regular physical activity increases the amount of calories your body burns
- Self-Monitor - Catch small weight gains more quickly by weighing every day and keeping a food log of what you eat