

DIABETIC FOOT WELLNESS HABITS

- 1) A healthy lifestyle for people with diabetes includes the following:
 - a) Good nutrition
 - b) Maintain a healthy weight (know your BMI and your BMI goal)
 - c) Daily exercise
 - d) No smoking and limited alcohol use
 - e) Stress management
 - f) Preventive care

- 2) Quality sleep is very important. Tips for quality sleep include:
 - a) Go to bed and awaken at consistent times (even on weekends)
 - b) Keep your bedroom dark and cool
 - c) No electronic devices before bed (TV, computer, phone)
 - d) No naps during the daytime
 - e) Regular exercise
 - f) Avoid caffeine and alcohol before bed

- 3) Stress management practices should include:
 - a) Exercise daily
 - b) Meditate or do Deep Breathing Exercises daily
 - c) Spend time outdoors every day
 - d) Join a support group (or spend time with loved ones)
 - e) Pursue a hobby that you enjoy
 - f) Get enough quality sleep
 - g) Celebrate all small successes that you have