

CHOOSING HEALTHY GOALS

TRANSCRIPT

When you have pre-diabetes, you can make some important changes in your lifestyle that can help prevent you from getting type 2 diabetes.

Your risk of developing diabetes can be reduced over 50% by choosing healthier foods and increasing your activity levels. Medical studies have shown that just by losing 5 to 7% of your body weight, and exercising thirty to sixty minutes most days of the week, your blood glucose levels can improve.

But you don't have to make lots of lifestyle changes all at once. Work with your healthcare team to pick small goals you can work on.

"My new goal is to get down to 150. I want to go from a 12 back to a size 10. So that's my next goal."

"I recommend that people think about those kinds of things in terms of their lifestyles, and just make small changes. It's a lot easier not to gain weight than it is to lose it."

Your healthcare team can help you set healthy eating goals and physical activity goals that you can achieve safely. Don't be afraid to ask questions if you don't understand something. Write them down ahead of time.

And make sure you get feedback on your progress during follow-up appointments with your provider. We all do better if we know we're moving in the right direction, towards a healthier lifestyle and away from type 2 diabetes.