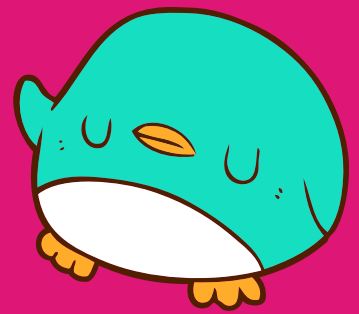


SELF-CARE TIPS FOR TYPE 2 DIABETICS

BeFitTherapy

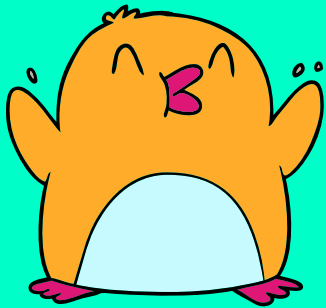


**Eat and drink
as healthy as
possible**

**Keep track of your food and water
intake, sugar levels as well as your
emotions. It will help you identify triggers
and keep track of the food you can
enjoy or need to avoid**

**Get enough sleep. If
you get up often during
the night it can be a
sign of either low or
high sugar so make
sure to check it**

**Check your
feet every day**



EXERCISE REGULARLY

**walk, dance, do
yoga**

**It's ok to feel
sad and
overwhelmed**

**Ask for support. Either through forums,
with loved ones or talking to a
professional.**



**Don't
forget
to love
yourself.**

**Enjoy Life
to the
fullest**

