

# There is a Chance that You Can Prevent Diabetes!

## Reminders...

1. Exercise at least 30 minutes a day.
2. Eat healthy foods.
3. Check with your doctors to see if you have Type 2 Diabetes.

### **Chuuk Women's Council**

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\*Chuuk Diabetes Today is under the umbrella of the  
Chuuk Women's Council



## Advice on Type 2 Diabetes



Chuuk Women's Council



Pacific Diabetes Education Program  
A Program of Papa Ola Lōkahi

# Starting Today...Let's take these steps:

## 1. Do FUN Physical Activities!

- Gardening
- Fishing
- Cooking
- Cleaning
- Washing Clothes
- Swimming
- Canoeing
- Dancing
- Camping
- Socializing
- Walking
- Singing

*\*Do physical activities that you and your family can enjoy together.*

## 2. Eat Healthy Food!

- Eat more fruits
- Eat more vegetables
- Eat more seafood
- Grill and steam food instead of frying
- Drink herbal juices
- Reduce eating sweet and fatty food
- Reduce eating imported food (like canned goods)



*\*Reminder: Eat 3 healthy meals and drink 8 glasses of water a day.*