

# Chapter 9

## Staying Healthy



**In this chapter, you can find information about:**

1. Healthy eating
2. Physical activity
3. Importance of sleep
4. Emotional and social health
5. Other tips to maintaining health
6. What did I learn?

Staying healthy between regular visits to your doctor is important to your overall well-being. It can help you reduce the risk of getting type 2 diabetes as well as other chronic conditions. The following sections are ideas to help you stay healthy between doctor visits.

## 1. Healthy Eating

Eating healthy meals and snacks throughout the day helps your body and mind work their best all day long.

### Healthy foods include:



- Vegetables  
broccoli, spinach, carrots



- Fruits  
apples, blueberries, bananas, oranges



- Whole grains  
quinoa, brown rice, whole-wheat bread



- Low-fat dairy  
milk, yogurt, cheese



- Variety of protein foods  
lean meat and poultry, fish, nuts, beans



- Healthy (unsaturated) oils and fats  
avocados, extra virgin olive oil, nuts



Drink between 8 and 13 cups of water per day from an 8 oz. glass.

There are foods that should be eaten in moderation to help reduce the risk of health concerns or problems.

### Unhealthy foods include:



- Sweets  
candy, cookies, cakes



- Fatty foods (saturated fats)  
french fries, fried food, pizza



- Salty foods  
chips, processed (boxed and frozen) meals



- Soda and sugary drinks  
Gatorade, pop, energy drinks, sweet coffee drinks



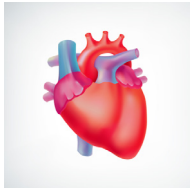
## 2. Physical Activity

For your overall wellness, you need to be physically active. That means exercising 30-60 minutes a day. Being physically active also helps your:

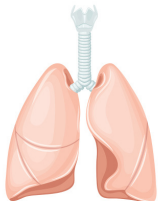
### Bones stay strong



### Heart works well



### Lungs stay healthy



### Muscles grow strong



### Brain stay healthy



### Remember:

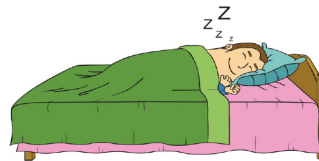
- Find fun physical activities that fit your lifestyle. Go to the gym for exercise, play sports, or do activities such as going on walks with friends, riding your bike, or gardening.
- Being active is good for your emotional health. It can help calm your mind and reduce stress.
- Physical fitness also helps you keep a healthy weight.
- If you are pre-diabetic or have type 2 diabetes, being active can help reduce or even stop type 2 diabetes symptoms as well as other chronic conditions.

### 3. The Importance of Sleep

Getting a good night's sleep plays a key role in mental, emotional, and physical health.

**Here are some ideas to help you get a good night's sleep:**

- Go to bed at the same time and get up at the same time.
- Get at least 7 hours of sleep per day.
- Turn off electronic devices such as TVs, computers, tablets, and smartphones at least 30 minutes before going to sleep.
- Avoid caffeine, large meals, and alcohol before bedtime.
- Exercise during the day to help you fall asleep more easily at night.
- Make sure your room is quiet, dark, relaxing, and at a temperature that is comfortable to you.



### 4. Emotional and Social Health

Life is busy and it can be stressful at times. It may seem like we have little time to care for ourselves. It is important to find time to take care of yourself.

**You can:**

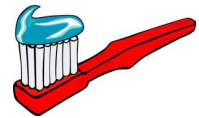
- Maintain healthy relationships with family and friends.
- Be involved in your community or volunteer.
- Maintain a positive attitude (try to find the good, even in tough times).
- Learn and try new things.
- Make time for things you enjoy.
- Learn to manage your stress (meditation, yoga, or deep breathing).
- Participate in a regular job, volunteer job, or a hobby.
- Express gratitude (write thank you notes or say thank you).
- Set health and wellness goals and reach them (for example, exercise more and eat more fruits and vegetables).



## 5. Other Tips to Maintaining Health

**How else can you stay healthy? Here are a few ideas:**

- Wash your hands with warm and soapy water after using the restroom and before eating.
- Brush your teeth two times a day and floss your teeth daily (or twice a day).
- Take vitamins daily. Ask your doctor about any interactions with medications.
- Wear light colors and reflective gear at night.
- Wearing a seatbelt in any car and a bike helmet whenever cycling.
- Wear sunscreen and hats when you are out in the sun to help prevent skin cancer. Also, try to stay inside or in the shade during the hottest time of the day.
- Don't smoke, or quit if you do.
- Drink alcohol in moderation. Check how alcohol interacts with any of your medications. Do not drive during or take prescribed medications that are not yours.
- Ask for help if you are struggling with drug or alcohol abuse.
- If you are having sex with someone or plan to be, tell your doctor. You need to talk about preventing sexually transmitted infections or an unwanted pregnancy.
- Always let someone know where you are going, especially if you're going on a trip.



Taking care of your health is the **most important thing you can do.** **Always think about your choices and how they may affect your life not only at the present time but in the future as well.** Be your own best advocate and take the best care that you can whether it is in your personal life, work life, or your health care decisions.

## 6. What Did I Learn?

### I can take charge of my health care when I:

- Eat well to help my body and mind.
- Stay physically active to help all parts of my body, from my head to my toes.
- Get adequate sleep to help with my mental, emotional, and physical health.
- Find time for myself and others, which is an important part of my emotional health.
- Have good health because it will help me in all areas of my life including my health care.

### Notes:

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The toolkit and its components were supported in part by the Grant or Cooperative Agreement Number DD000014, funded by the Centers for Disease Control and Prevention and by the University Center for Excellence in Developmental Disabilities funded by the Administration on Community Living Grant #90DDUC0039. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, Administration on Community Living, or the Department of Health and Human Services.