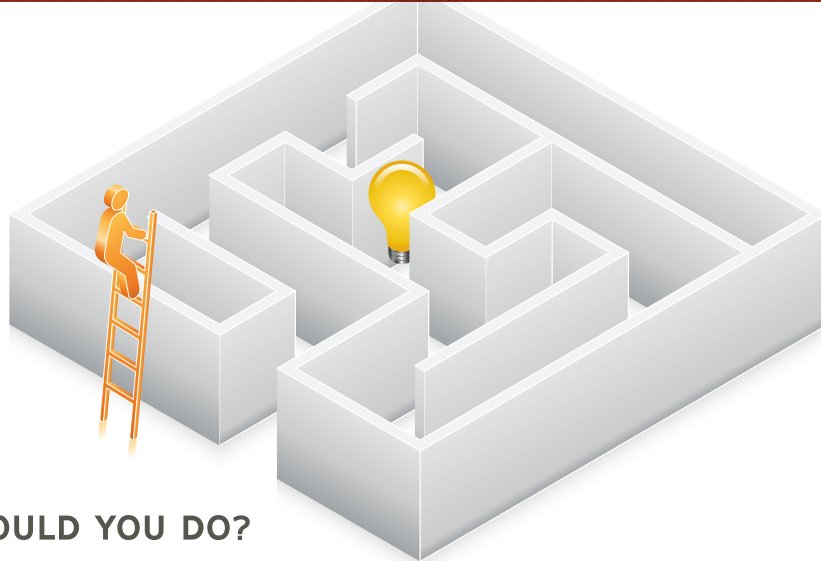




ACTIVITIES



WHAT WOULD YOU DO?

Think about how the following situations may affect you—and about what steps you could take to better manage your diabetes in similar situations.

You get the flu and notice that your blood glucose levels are higher than normal. What do you do?

While on vacation, you don't have easy access to a gym or time for exercise. How will you handle this?

You have a hard time finding healthy food choices within your family's cultural or taste preferences. What steps can you take?

Is there something you've been struggling with in your diabetes care? What is it?

Why do you think this is a problem? When does it occur?

Name two things you can do to fix it.

What can you do to prevent it from happening in the future?

