



BLOG

Newly Diagnosed With Type 2 Diabetes? 3 Places to Start

Know Your Numbers

- A1C below 7%, or your own goal
- Blood pressure below 130/80
- Yearly eye, kidney and foot checks

Move and Eat Well

- 150 minutes of moderate activity a week
- Strength training 2 to 3 times a week
- Whole grains, lean protein, vegetables

Care for Your Whole Self

- Diabetes distress deserves attention
- Lean on family, friends and groups
- Stress management matters too



Read the full article

Empower Your Health: The Benefits of Early Management of Type 2 Diabetes

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you
what is right for you.