Next Steps:
How ready are you to lose weight? (Choose one)

☐ I’ve already started!
Congratulations! You’ve taken a big step towards controlling your diabetes, and taking control of your health!

☐ I’m ready to start now!
Wonderful! Now is a great time to make a plan: decide how you want to lose weight, and write it down! Share your plan with family and friends and your health care provider so they can give you support.

☐ I’ll be ready in a few months.
Sounds great! Now is a great time to schedule an appointment with your provider so that when you are ready, they can help you make a good plan to lose weight.

☐ I’m not sure when I’ll be ready.
That’s okay! If you’re not sure about losing weight, there are many other good things you can do to manage your diabetes. Talk to your provider for more information, and think about asking this question again in a few months!

TAKE CONTROL of your Diabetes!!

An Interactive Guide: Managing your Diabetes through Weight Loss

- Control your Diabetes!
- Prevent Disease Complications!
- Reduce your Medications!

Brought to you by your partners in health:

In conjunction with:
Are you aware of the barriers that make it difficult to lose weight?

- When grocery shopping, do you go for the cheap fast options? Take time to look at the back and choose nutritional foods.
- Cold winters got you down? And lets face it, Aroostook County has some nasty winters... Try staying active outside in the winter with friends, and on really bad days, try going to the gym or the Caribou Wellness and Recreation Center - there's a free walking track inside!
- Tempted by the fast food restaurants on your way home from work? Try changing your driving route so you don't drive past them.
- Healthy food also doesn't mean expensive - there are plenty of cheap and healthy options and recipes out there - use some of the resources on the next panel to find some!
- Distance from resources is a really difficult, especially in rural areas like Aroostook County. Try planning your day for some extra time in town for exercise after work or making healthy choices at the grocery store!

Which behaviors do you think YOU can change to avoid these barriers?

1. 
2. 

Do you have the support and information you need?

Social Support
- Ask friends and family to lose weight with you!
- Don't forget to use your friendly diabetes educators, dieticians, nurses and doctors! We're great sources of support and can keep your goals fresh, and provide resources for you to succeed!

Nutrition
- Check out some of these websites:
  - MyFoodAdvisor
  - tracker.diabetes.org
  - myfitnesspal.com
  - cdc.gov/nutrition/everyone/index.html
  - choosemyplate.gov - Tracking and great nutritional information
- Download a great nutritional placemat for diabetes here: novacares.com/downloads/nutritional_placemat.pdf
- Don't forget to check out the Caribou Farmer's Market!

Exercise
- An important part of any weight loss plan!
- My Fitness Pal is a great exercise tracker too!
- You can get a gym membership from County Physical Therapy in a ton near you!
- Caribou Wellness Center also has a walking track!

DON'T GIVE UP!!

Change is hard for Everyone!

What resources do you think YOU could start to use?

1. 
2. 

Tips and Tricks

There's an app for that!
Many of the websites on the previous panel have smartphone apps - have some fun and choose a few that work for you!

Why Fad Diets and diet pills don't work!
Fad diets (like Atkins®) and diet pills rely on a temporary change and give you a temporary fix- when you stop, you just gain the weight all back! Learn more here: webmd.com/diet/features/dieting-is-out-healthy-eating-is-in.

Not a “Diet”...
A Healthier Lifestyle
Thinking of losing weight as a diet just doesn't work - think of it as a healthier lifestyle. Check out this article that explains it more! webmd.com/diet/features/dieting-is-out-healthy-eating-is-in.

Mark Twain had it right when he said, “Habit is habit, and not to be flung out the window by any man, but coaxed down stairs one step at a time.” Changing your habits is a tough thing to do. Make it easier on yourself by taking small steps, not giant leaps! - Try this - pick one or to areas that you think you can work on (snacking at work, trying to walk more) and a few resources to help with those areas, and focus only on those - then, in a few months choose another one. Keep adding small steps until you reach your goal!!