

WORLD DIABETES DAY

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Tips On Managing Diabetes & Staying Healthy

Diabetes, a condition that affects both physical and mental health, is a challenge we all face. However, it's not a hindrance, but rather a motivator towards achieving a vibrant and healthier future.

Fortunately, you're not alone in your journey towards managing diabetes. Together, we can overcome any hurdles that may come our way.

It's essential to create a community that embraces healing, empathy, and education to prevent and manage diabetes effectively.



Tip on Fitness

Frequent exercise can contribute to the efficient use of insulin, improved blood circulation, regulated blood sugar levels, and reduced risk of developing complications.

It is recommended to engage in moderate-intensity physical activity for at least 20-25 minutes daily. Examples include brisk walking, playing sports, and swimming.



Tips on Food Choices

When planning your meals, it's essential to consider your goals, tastes, and lifestyle. Here are some types of food you may wish to limit or avoid:

- White bread, pasta
- Pastries
- Chips
- Cookies
- Beef, poultry skin



Tips on Stress-Relieving Techniques

While prioritizing your physical fitness is crucial, it's equally important to care for your general well-being.

Maintain a positive outlook by conversing with family, friends, or other individuals who share your experiences with diabetes.

Remember to take things at a manageable pace, focusing on one task at a time, and engaging in activities that bring you joy.

