

Managing diabetes

Your 10 minute challenge

Take a few minutes every day for a week to find some areas you could change to help keep your heart healthy.

You're in control. By taking the time to make small changes to your lifestyle, you can help keep your heart healthy, and change your life.

Day	Check the food labels: What foods did you eat that were high (red) in saturated fat or salt?	Get a move on: Make a note of any time you're active- anything from walking or gardening to swimming or team sports	Take your meds: did you take all your prescribed medication today?
1			
2			
3			
4			
5			
6			
7			

At the end of the week, look back over what you did and answer these questions:

Did you eat a lot of foods high in salt or saturated fat during the week?

Yes No

Were you active every day?

Yes No

Did you take your medication correctly every day?

Yes No

Choose an area to tackle to help protect your heart. Then set yourself a goal and set a date to complete it by:

Example: I will take a 30 minute walk 3 times next week.

Target date: ____ / ____ / ____