11 Things You Can Do to Reduce Your Risk of Diabetes, Heart Disease and Stroke

- Attend a diabetes prevention, diabetes management, or high blood pressure management class at Myhealthyvt.org
- Quit or reduce tobacco use - ask for information on 802 quits
- Move More – aim for 150 minutes a week
- Reduce soda and sweetened beverages
- Eat more vegetables
- Eat less processed foods (cheese, chips, crackers, cookies)
- Reach and maintain a healthy weight
- Get enough sleep
- Get regular dental care
- Monitor your blood pressure
- Talk to your provider about your risk

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