



It's a New Year! That typically means time to make resolutions. But if thinking big usually gets you nowhere, then try starting small.

We present 9 easy resolutions that can mean big changes in your diabetes management.

You do not even have to do them all at once. A couple a week and by the end of March, you will be well on your way to a healthier, happier you.

1 Schedule your appointments

When was the last time you visited your diabetes doctor? Have you had your A1C, or average blood sugar, and cholesterol tested lately? What about a check of your feet, kidneys, or eyes? If you are behind on any of these tests, pick up the phone today and make an appointment – it won't take long and you'll be one step closer to diabetes control!

6 Remember your feet

Do you check your feet regularly? If so, good for you! If not, start the habit today. As soon as you swing your feet out of bed, take a few minutes to inspect them thoroughly for blisters, abrasions, and any skin changes. Have problems seeing the bottom of your feet? Use a hand mirror or ask a family member for help. If you notice any problems, report them to your doctor right away.

2 Make friends with Fibre

This nutrient might be the most important for people with diabetes. Fibre has been shown to have a number of health benefits, including a decreased risk of coronary heart disease and improvement in insulin resistance. Sadly, most we do not get nearly enough. Eating more fruits, vegetables, legumes, and whole grains will help increase your fibre intake.

7 Exercise your options

The festive and holiday season can mean a few extra pounds for many. Stay active by planning other exercise options now. If structured fitness classes aren't an option for you, even regular laps inside the local mall are good for staying active and keeping your blood sugar under control. Wearing a pedometer can also help you get enough activity even if you stick close to home.

3 Start walking

Walking is arguably the easiest way to be physically active. It is inexpensive and can be done almost anywhere, any time. Make an effort to take extra steps every day – something as simple as choosing to take the stairs is a great way to start

8 Expand your food horizons

Try incorporating one new fruit or vegetable into your meal plan each week. Or better yet, mix it up by making yourself a salad loaded with a variety of fresh produce for dinner.

4 Find support

Does your diabetes upset you? Do you feel as if you are doing all the right things and nothing works? Talking to someone else about your feelings may be just the thing to put you on the right track. How about joining a support group? You can ask questions, get support, and learn many new ways to cope with your diabetes. Try it, you might just like it!

9 Keep yourself educated

Diabetes education is one of the most important tools in the diabetes tool kit. If a person with diabetes doesn't have information, they cannot know how to properly manage their condition. Diabetes care changes so fast, so it is crucial for individuals with diabetes to be re-educated often. To make sure you stay current with the latest news in the diabetes world, do research and talk to your diabetes care team.

5 Find your reason to lose

One of the most popular resolutions is to lose weight, but it can also be one that is hardest to stick to. Weight loss is easier when you make it personal. Writing a list of reasons why you want to lose weight can help keep you motivated. Better diabetes control? Being able to enjoy being active with loved ones? What is on your list?

Take 2012 one day at a time with the resolve to make each day better than the last. Whatever resolutions you choose, make sure they reflect your own wishes, desires, goals, and dreams!