

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH

**WORKING**  
FOR A  
HEALTHIER TN

# A TIP FOR TENNESSEANS

November 15, 2016

## Three big diabetes-fighting habits.

Some of the best things you can do to prevent type 2 diabetes are the same things you can do to manage it if you have it. Things like:

### 1. Eating a **healthy diet** that is high in fiber, which includes:

- Whole foods like fresh fruits and vegetables
- 100 percent whole grains like wheat, oats and barley
- Beans, nuts and other diabetes-fighting **superfoods**

### 2. **Being active** and especially focusing on:

- Aerobic exercises like walking, stair climbing and gardening
- Strength training, such as lifting weights, moving furniture or using resistance bands

### 3. Staying at a healthy weight.

- If you need to lose weight, work with your doctor on a healthy plan.
- **Set a weight loss goal** of five to seven percent of your total body weight.



### WHAT COULD YOU DO WITH EXTRA HEALTH SUPPORT?

There's an expert waiting to help you reach a health goal. [Watch this short video](#) to learn about health coaching and the many ways it can help you.



### QUICK LINKS

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**ADVICE LINE:**

**1.888.741.3390**



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HEALTHWAYS

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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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