

PPUK - Planning your Lifestyle



You may already have a plan that allows you to live with diabetes. But, it's likely that you've approached us at PPUK to find a better way to improve and enjoy your health. It's no secret that planning ahead for any endeavour is crucial for success.

Lifestyle is a personal matter. It represents who you are, what you believe in, and what stage of life you are in. So why should you make plans for a new lifestyle? You already know that glucose control should be your goal. So why don't you just go on a diet, start your own exercise programme, lose weight, and control your glucose? Well, we all know the answer: It's easier said than done! To do all these things you must make your own plans in your life that will lead to accomplishing your goal.

Understanding the process of what you need to do to accomplish a goal is paramount. Planning takes many steps to complete. Your initial process when you discovered you had diabetes probably took only seconds. When your GP told you that your glucose was elevated and that you needed to control it, your immediate thoughts probably were *How can I do that? Or Can you help me?* Your second process of organising resources and gathering information started when you inquired about what you can do about your diabetes. Initially, you were probably given information in the form of pamphlets or leaflets, and told that you would have the relevant support you needed to help you in the form of a team. Your "team" includes you, your health care providers (GP and specialists, diabetes nurse educator, dietician, optometrist) and your family and friends. Now you can add your Personal Trainer to your team. We should - and will - all work together to help you control your blood glucose levels.

Recognising necessary changes

Most of us understand that change can be good but often doesn't come easy. It is difficult to change lifestyle habits. How often have you attempted a diet and given up because it entailed far too many changes in your eating habits? Or tried to give up smoking and failed? Some of the most difficult changes we make in our lives can be the most rewarding.

Here are three principles we'll encourage you to abide by to help you recognise changes you need to make in your lifestyle:

- 1) If you have type 2 diabetes, then you **must** do some form of exercise.
- 2) You must control your food consumption.
- 3) You must allow yourself to make mistakes. But more important, you must learn from your mistakes.

To ensure success, your lifestyle plan must incorporate these three principles. And by working together we'll ensure that it does just that.



Doing it with Power!