

# Lifestyle Supports for Type 2 Diabetes

This handout is about free programs in British Columbia (BC) to support people with Type 2 diabetes. These programs help you stay healthy. You will learn how to be active, eat healthy food, and take care of your feelings and stress. Doing these things can help you manage your diabetes.



[www.t2dnetwork.ca](http://www.t2dnetwork.ca)

Here are some helpful resources for type 2 diabetes.

These resources were picked with help from people who have type 2 diabetes and healthcare providers.

Let us know how we can make this resource better or if you found it useful:

[T2DNetwork@IHSTS.ca](mailto:T2DNetwork@IHSTS.ca)

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## Helping You Stay Healthy

Start with one or two things and add more later as you make progress.



Scan the QR code or go to this website for helpful information:

<https://www.t2dnetwork.ca/healthy-lifestyle>



### Exercise

Tips to move, stay active, keep your heart healthy, and control blood sugar.



### Healthy Eating

Tips for picking healthy foods and making balanced meals.



### Diabetes Programs

Programs to help you to take care of your diabetes.



### Stress & Mood

Ways to handle stress, worry, and feeling sad.



### Older Adults & Caregivers

Resources to help older adults and caregivers stay active, independent, and manage diabetes.

### Looking for diabetes help that fits your culture?



### South Asian Resources

Tips for South Asian foods and culture.

<https://www.t2dnetwork.ca/southasian-resources>



### East Asian Resources

Tips for East Asian foods and culture.

<https://www.t2dnetwork.ca/eastasian-resources>



### Indigenous Resources

Guidance from Indigenous communities.

<https://www.t2dnetwork.ca/indigenous-resources>

### Tips for Success

- Make goals you can reach and focus on one or two things
- Move your body often by doing activities
- Eat healthy foods to help keep your blood sugar steady
- Manage stress with relaxation techniques
- Check your blood sugar regularly
- Get help from doctors or groups that can support you.

### Other Helpful Hints

- Drink less alcohol
- Spend time outside in nature
- Sleep better by making good habits
- Cook more meals at home
- Do things that matter to you
- Go to your appointments regularly

\* If you want to know more about your medications, ask your doctor for help.



Find events about type 2 diabetes near you



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