

Control Diabetes and Pre-Diabetes to protect your heart ...

Learning for Life

**Know your
ABCs!**

**The University of
Georgia
Cooperative
Extension**

**Contact your local
office at**



- **Aim for an A1C under 7% or an estimated average glucose under 154 if you have diabetes.**
- **Get your blood pressure under 120/80.**
- **Keep the bad LDL-cholesterol under 100.**
- **Don't smoke.**
- **Lose weight if needed.**
- **Be active 30 minutes or more at least 5 days a week.**
- **Have your blood glucose checked often if you are at risk.**



How much to lose?

Lose 5-7% of your current weight to reduce risk for diabetes and to improve diabetes control.

Your current weight	5% loss in pounds	7% loss in pounds
150	7 1/2	10 1/2
175	9	12
200	10	14
225	11	16
250	12 1/2	17 1/2
275	14	19
300	15	21

What can count as activity?

Structured Exercise		Activity of Daily Living	
Biking	Elliptical machine	Mowing	Heavy yard work
Swimming	Weight lifting	Vacuuming	Washing windows
Brisk walking	Water aerobics	Washing the car or windows	
Dancing	Tennis	Cleaning the garage or basement	

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