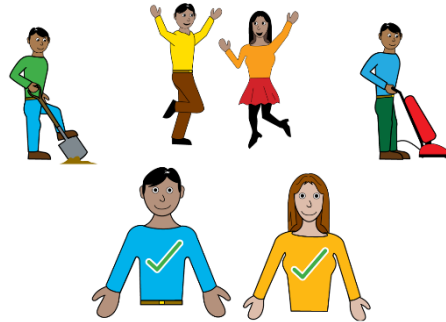


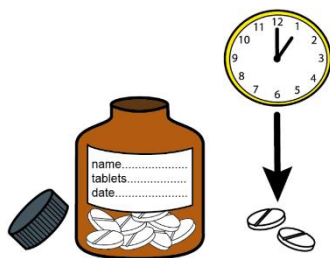
How to stay healthy with diabetes



Eat a healthy balanced diet



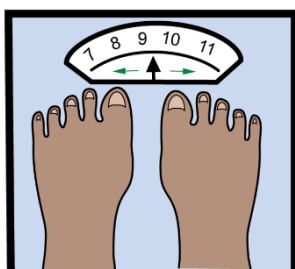
Exercise and move more



Take your medication



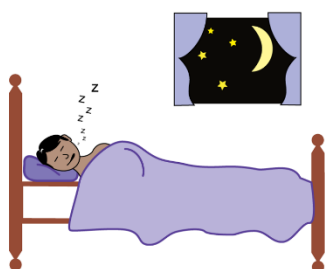
Don't drink too much alcohol



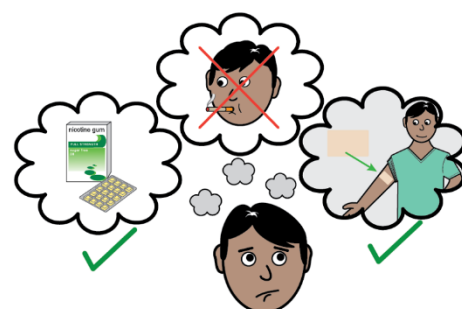
Lose weight if you need to



Seek help if you are worried



Get enough sleep



Ask for stop smoking help