

- Have at least 150min of moderate intensity exercise once a week like brisk walking, cycling, dancing or group sports like badminton and table tennis.



- Do strength and balance exercise two to three times a week.



Examples of strength exercise are:

- Resistance band exercises
- Using free-weights
- Using bottles filled with water



Examples of balance exercise are:

- Yoga, Pilates and Tai Chi
- Reducing your base of support
- Standing on different types of surfaces

Community Health
Tan Tock Seng Hospital
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sg

COMMUNITY HEALTH

Diet & Exercise Advice for Lifestyle Change (DEAL) – Preventing and Managing Diabetes Mellitus



Diabetes

Is a chronic and complex illness which requires continuous medical care. It has become more common in all countries including Singapore.

Diabetes can lead to complications such as :



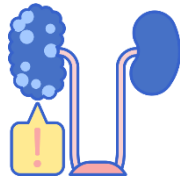
Blindness



Heart Diseases



Stroke



Kidney Failure



Lower Limb Amputation

We can keep diabetes under control by making effective lifestyle changes.

Besides being compliant to the medications prescribed to us and consistent follow-up with our medical appointments, it is also important to keep ourselves fit and active and adopt a healthy meal plan.

Healthy Meal Plate



My Healthy Plate (HealthHub)

Image retrieved from <https://www.healthhub.sg/live-healthy/1332/plan-your-meals-with-my-healthy-plate>

✓ **Have 2 serves of vegetables everyday**



Cherry Tomatoes Chye Sim Capsicum Cucumber Carrots

✓ **Have 2 serves of fruits everyday**



Jambu Banana Strawberries Orange Watermelon

✓ **Choose whole grain foods**



Brown Rice Wholemeal Bread Chapati Oats

✗ **Avoid oily food. Eat them less than 2 times a week**



Deep fried foods Flavoured rice e.g. nasi lemak, chicken rice Deep fried snacks e.g. curry puffs Coconut milk based gravies /soup

✗ **Avoid sweetened drinks and food items**



Soft drinks Packet drinks Malted beverages Kuehs Cakes

Staying Active & Fit

Here are ways to maintain fit and active:

1. Don't sit for more than 30mins. Some physical activity is better than none. You can try activities like stretches or household chores.

