

Special Health & Fitness Report From:

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**5 Simple Steps for Managing
Your Diabetes**

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Are you struggling to manage your diabetes?

Do you want to improve the quality of your life?

Do you want to look and feel better than you have in years – maybe better than you ever have before?

I'm confident that you answered YES! to each of those questions, just like the hundreds of individuals I've counseled, coached, and trained in my career as a Certified Personal Fitness Trainer and Health Expert.

Right now I'm going to reveal to you the 5 essential strategies that have enabled my clients to achieve these same important goals.

These simple strategies can be immediately implemented into your lifestyle with little sacrifice on your part (okay, if not eating artery clogging fast food burgers and fries is a big thing for you, then maybe you won't look at that sacrifice as "easy," but I guarantee you it will add quality years to your life).

So let's get right into it.

But why stop here? [Sign up for a FREE Training Session](#) to find out how I can help you achieve your goals, manage your diabetes, and get the fit, healthy body you've always wanted.

Without further ado, turn the page to discover the 5 Simple Steps to Managing Your Diabetes...

1. Regular Visits to Your Doctor

Obviously, the first place to go is to your doctor. The information I'm going to give you in this report is all true. It can help you manage your diabetes. It is NOT a replacement for the medical advice and treatment given to you by your doctor.

That being said, I'm sure your doctor has told you the importance of managing your weight along with your blood sugar levels. Obesity can be a big problem for anyone, especially for diabetics.

Without a doubt you should take your doctor's fine advice and remain physically active. If you're not active now, get active. It's one of the best things you can do to manage your diabetes, not to mention all the other health benefits that are associated with moderate exercise.

Along with taking your doctor's advice and exercising, you should also eat a diet that helps you keep a steady blood glucose level. Avoid foods that are high in processed sugar and bleached flour. These foods will cause a rise in blood glucose levels. Later in this report I go into more detail about what kinds of foods to eat, and which ones to avoid.

If you have any questions about how you should be eating after you read this report, please don't hesitate to call me. I'd be happy to help you any way I can.

2. Monitor Your Blood Glucose Levels

I'm sure your doctor has also told you the importance of monitoring your blood glucose levels. You probably even have a home testing kit to do just that.

But just checking your glucose level isn't enough. You should also keep a daily log of what time you checked your sugar levels and the exact reading you get. This will help you determine when your sugar levels tend to rise and fall the most. It will also give your doctor a baseline idea of what's going on if something should happen or you need to have your medication adjusted.

If you want to be especially thorough, you can also keep track of the foods you eat. This will further aid you in spotting trends in high and low blood glucose. It will also help your doctor should there be an issue with your medication.

Keeping daily food logs not only allows you to track exactly what goes into your mouth; it also makes it much easier to plan what you're going to eat over the course of a day or even a week. This gives you much more control over your blood glucose levels, as well as allowing you to manage your calories and your weight.

3. Foods to Eat For Stable Blood Sugar Levels

Food causes your blood glucose levels to rise. The idea is to keep your blood glucose levels stable throughout the day. The best way to do that is to eat foods that are broken down and released slowly into your system.

The Glycemic index was invented as a way to help diabetics manage their blood sugar levels. The Glycemic index lists common foods and ranks them according to how fast they are released into your bloodstream, and therefore, how big of a rise in blood sugar the food will cause.

You want to eat foods that are low on the Glycemic index. These foods are released slowly into your bloodstream and cause less of a spike in blood glucose levels. Low glycemic foods help your glucose levels become stable, and stay more stable throughout the day.

I've included the Glycemic Index of Common Foods for you on the next page.

Glycemic Index Of Common Foods

<p>100%</p> <p>Glucose</p> <p>80% to 90%</p> <p>Corn Flakes</p> <p>Carrots</p> <p>Parsnips</p> <p>Potatoes (instant)</p> <p>Maltose</p> <p>Honey</p> <p>Potato Chips</p> <p>70% to 79%</p> <p>Bread (whole meal)</p> <p>Millet</p> <p>Rice (white)</p> <p>Weetabix</p> <p>Broad beans</p> <p>Potato (fresh)</p> <p>Swede</p> <p>60% to 69%</p> <p>Bread (white)</p> <p>Rice (brown)</p> <p>Muesli</p> <p>Shredded Wheat</p> <p>"Ryvita"</p> <p>Water biscuits</p> <p>Beetroot</p> <p>Bananas</p> <p>Raisins</p> <p>Mars Bars</p> <p>10% to 19%</p> <p>Soya Beans</p> <p>Peanuts</p>	<p>50% to 59%</p> <p>Buckwheat</p> <p>Spaghetti (white)</p> <p>Sweet Corn</p> <p>All-bran</p> <p>Digestive Biscuits</p> <p>Oatmeal biscuits</p> <p>"Rich Tea" biscuits</p> <p>Peas (frozen)</p> <p>Yam</p> <p>Sucrose</p> <p>40% to 49%</p> <p>Oranges & Orange Juice</p> <p>Spaghetti (whole meal)</p> <p>Porridge oats</p> <p>Potato (sweet)</p> <p>Beans (canned navy)</p> <p>Peas (dried)</p> <p>30% to 39%</p> <p>Tomato soup</p> <p>Butter beans</p> <p>Haricot beans</p> <p>Blackeye peas</p> <p>Chick peas</p> <p>Apples (Golden Delicious)</p> <p>Ice cream</p> <p>Milk (skim or whole)</p> <p>Yogurt</p> <p>Most meats & cheeses</p> <p>(watch for high fat content)</p> <p>20% to 29%</p> <p>Kidney beans</p> <p>Lentils</p> <p>Fructose</p>
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Source: Jenkins, D.J.A., Lente carbohydrate: A newer approach to the dietary management of diabetes. Diabetes Care, 5:634, 1982.

Again, the higher the number ranking for a food, the more of a spike in blood sugar levels you will experience. If you have any questions about the glycemic index don't hesitate to call me at (416) 671-4399 or send me an e-mail to info@flygirlfitness.com .

4. The Most Important Nutritional Tip For Managing Your Glucose Levels

Another way to help maintain a stable level of blood glucose is to eat smaller meals 5-6 times a day. Ideally you want to eat a small amount of food every 3-4 hours throughout the day.

By keeping a constant and steady influx of food, you will be getting a small, steady amount of glucose seeping into your system. It's much easier to manage your blood sugar levels when you have a steady stream of glucose coming into your system all day than it is if you have a large amount of glucose dumped into your bloodstream all at once.

By eating the traditional "3 square meals" per day, you are not only starving your body of nutrients for large parts of the day (and especially during sleep), but you are also pretty much ensuring the fact that you will overeat at your next meal. Overeating will almost always result in a large jump in blood sugar levels.

When I tell my personal training clients to eat 5-6 meals a day they almost always look at me like I'm crazy. "You don't really expect me to cook 6 times a day, do you? If I ate 6 meals a day I'd be as big as a barn!" When I say 5-6 meals a day, I don't mean meals in the traditional sense. You don't have to have a full course meal 6 times daily. That would make you fat!

Instead, eat smaller amounts every 3-4 hours. Picture your plate divided into thirds. The first third should have some form of protein (chicken, lean beef, eggs, etc.). The second part of your plate should have a green leafy vegetable. And the third should be some form of low glycemic carbohydrate.

Eating this way will make it easier to eat sensibly without having to count calories or weigh out portions of food. And it makes it easy to set up meal plans. You can literally plan a week's worth of meals in under an hour. That allows you to prepare bigger amounts of the foods you'll eat the most of so you can just heat it up later, saving you lots of time in food preparation.

5. The Key to Keeping Your Diabetes and Other Health Issues Under Control

Getting plenty of regular exercise is crucial if you want to maintain stable blood sugar levels. Besides taking a shot of insulin, exercise is the only other way to get rid of blood sugar from your system. Insulin pulls glucose into your muscle cells and fat cells. Exercise burns glucose as fuel.

One of the best ways to manage your diabetes and to stay healthy in general, is to get at least 30 minutes of exercise two to three times per week. That's all it takes to get a majority of the health benefits of exercise.

If you don't currently exercise, almost any kind of activity that you do will be of great benefit. Walking, swimming, following a fitness video or DVD...all good places to start.

Once you get yourself into a good basic condition, you should start resistance training of some sort. Training with weights, exercise bands, stability balls, medicine balls, etc. will give you an excellent workout for your heart and cardiovascular system. Resistance training will also...

- increase your strength
- increase the amount of calories you burn (even while you're sleeping)
- burn excess blood sugar as fuel
- improve your immune system response
- increase your energy levels
- keep you looking and feeling young

The topics of: exactly what exercises to do, how often, and for how long are beyond the scope of this report. There are many good books on the topic of exercise at your local library or bookstore. The Internet is also a good place to go for information. You can sign up for my e-mail newsletter, [Fly Girl Fitness News](#) and get valuable fitness and health information delivered right to your inbox

But if you've never exercised before, or if you're just not sure how to get started, don't hesitate to call me at (416) 671-4399. I'd be glad to point you in the right direction, or even meet with you to set you up on a program and show you exactly how to exercise for maximum results in the least amount of time.

If you'd like to know exactly how to manage your health, look and feel your best, and experience improved quality of life, [CLICK HERE](#) or call my office at (416) 671-4399 to schedule your Fitness Consultation and Personal Training Session- Totally FREE.

Need More Information?...

I've done my best to give you a simple strategy for managing your diabetes and your health. If I've left something out, or if you just want more information on any of the topics covered in this report (or any health/fitness related topic) you can reach me at:

Phone: (416) 671-4399

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