



Diabetes Wellness Plan

All-in-One

Our all-in-one version of the Diabetes Wellness Plan is tailored for those who prefer to simultaneously address diet, sleep, stress, and exercise. By concurrently making changes in all four areas, individuals following this version can work towards a quicker comprehensive improvement of their diabetes and overall well-being.

Preparation (2-3 days)

1. Diet

- a. Review our [2-week meal plan](#) and make any recipe swaps necessary.
- b. Use our [grocery list for week 1](#) to simplify your grocery shopping trip.

2. Sleep

- a. Determine your ideal sleep schedule. Consider morning exercise and your morning routine to determine your wake-up time. Count backward to calculate the time you need to be asleep to get 7-9 hours of sleep.
- b. Make any necessary adjustments to your schedule to ensure that you can maintain a consistent sleep routine.

3. Stress

- a. Find or purchase a small journal or notebook for your gratitude journal.
- b. Research and identify stress triggers in your daily life.
- c. Watch the videos for gentle stretching, yoga, or meditation before bed. Find one that you like and bookmark it for easy access.
- d. Review the videos on breathing exercises. Practice these a few times to familiarize yourself with the technique. This will make it easier to incorporate when you're feeling stressed if you've practiced it beforehand.

4. Exercise

- a. Consult with your doctor to confirm that you are medically cleared for exercise.
- b. Monitor your blood sugar levels. If your levels are consistently above 250 mg/dL, focus on improving your diet, sleep, and stress management before starting an exercise routine. Before exercising, wait until your blood sugar levels are below 250 mg/dL.
- c. Use a phone app, smartwatch, or pedometer to determine your baseline step count. You don't have to increase your steps; just record your baseline number.
- d. Set an achievable daily step goal based on your baseline.

Get Started!

1. Diet

- a. Follow our [2-week meal plan](#) for breakfast, lunch, and dinner.
- b. Finish eating at least 2 hours before bedtime.
- c. Drink plenty of water (72oz for women and 104oz for men).
- d. Use our [week 2 grocery list](#) to keep up your progress.

2. Sleep

- a. Implement your new sleep schedule by going to bed and waking up at the same time every day, including weekends.
- b. Create a relaxing bedtime routine to help you wind down and prepare for sleep. This could include reading a book, taking a warm bath, or practicing meditation.
- c. Make sure your sleeping environment is comfortable, cool, and dark.
- d. Avoid electronics at least 1 hour before bed.

3. Stress

- a. Keep a gratitude journal. At the end of the day, write down three good things that happened that day.
- b. Every night before bed, practice gentle stretching, yoga, or meditation. Follow along with a video or on your own.
- c. When you encounter a stressful situation, take a step back and practice deep breathing exercises to help calm your body and reduce stress and anxiety.
- d. Identify and avoid stress triggers whenever possible.

4. Exercise

- a. Check your blood sugar levels and make sure they are below 250 mg/dL and above 100 mg/dL. If your levels are outside of this range, it's best to wait to start exercising.
- b. Choose a low-impact activity, such as walking or following a step-based exercise video, and aim to reach your daily step goal.
- c. Increase your overall movement by incorporating spontaneous physical activity (SPA). If you have been sitting, try to move for at least three minutes every hour. It may help you set a reminder on your phone or smartwatch to keep you from being sedentary. Take the stairs instead of the elevator, park farther away from your destination, or play with your children or pets outside to increase your overall movement and daily steps.

Keep Going!

1. Diet

- a. Continue using our recipes after finishing the 2-week meal plan.
- b. Try to minimize snacking and avoid alcohol.

2. Sleep

- a. Stick to your sleep schedule as much as possible, even on weekends or days off.
- b. Avoid stimulants like caffeine and nicotine close to bedtime.
- c. Consider using a sleep-tracking app to monitor your sleep patterns.

3. Stress

- a. Explore additional stress-reduction techniques such as mindfulness, progressive muscle relaxation, or talking to a mental health professional.

4. Exercise

- a. Gradually increase your daily step goal until you consistently achieve at least 10,000 steps daily. Make sure to keep your goals achievable.
- b. If your doctor approves, consider adding strength training to your routine to build muscle and further stabilize and lower your blood sugar levels.