How to Lower Risk:
- Healthy weight
- Limit sweets, especially sugar-sweetened beverages
- Fill ½ your plate with veggies and only ¼ with (preferably) whole grains
- At least 30 minutes of aerobic exercise daily
- 2-3 strength training sessions per week

Make a Healthy Plate:

Disclosure Statement: This webinar is provided for informational purposes only and is not intended to provide specific medical advice, diagnosis, or treatment. You should always seek advice from a physician or other qualified health care provider for your individual medical needs.

Hunger Scale
SMART Goals:

Specific
Measurable – include numbers
Action-Oriented – identify behavior or action
Realistic
Time-Bound – give yourself a time frame

My SMART goal: __________________________________________________________
________________________________________________________________________

Assess Confidence:
On a scale of 0 to 10, how confident are you that you could achieve this goal? (Circle one)
10: Great!
8-9: Good, but plan what to do about barriers
<8: What would it take to make you a 9-10?

Resources:
Healthy Eating
- Recipes - Cook Well Berkeley - uhs.berkeley.edu/cookwellberkeley
- Eat Well @ Work - uhs.berkeley.edu/eatwellatwork
Exercise Opportunities
- Active @ Work - uhs.berkeley.edu/activeatwork
- 7-Minute Workout - 7minuteworkout.jnj.com
Screening Tests
- Prediabetes - doihaveprediabetes.org
- Type 2 Diabetes Risk - diabetes.org/are-you-at-risk/diabetes-risk-test/
- AHA Heart Attack Risk Calculator- heart.org/gglRisk/main_en_US.html