

- I. Look at this poster for reducing the risk of diabetes, then do the next exercises

## Six Tips to Reduce Your Risk of Diabetes



### 1. Manage your weight

Excess weight, particularly in the abdominal area, increases the risk of developing diabetes.

If you are obese or overweight, losing weight may significantly reduce the risk of diabetes.



### 2. Increase your physical activity

Regular physical activity – aerobic exercise and strength training – helps manage weight and improve heart health. Some studies show exercise can boost your sensitivity to insulin.



### 3. Follow a balanced, healthy diet

A balanced diet helps maintain a healthy weight and prevent diabetes. Reduce sugary foods, refined carbs and trans-fats in your diet.

Limit processed or fried foods and sugar-sweetened drinks and cereals. Eat more vegetables, fatty fish, whole grains and high-fiber foods.

### 4. Limit your alcohol intake

High alcohol consumption can lead to weight gain. Some studies also show drinking large amounts of alcohol can make your body less sensitive to insulin.



### 5. Quit smoking

Smoking causes or contributes to many serious health conditions, including diabetes.

Smoking can contribute to insulin resistance; if you smoke, try to quit.



### 6. Get regular medical check-ups

Talk to your healthcare provider to discuss how to delay or prevent diabetes. Regularly check your blood glucose, and if you have any risk factors also check your Haemoglobin A1c (a test that measures the sugar attached to your red blood cells) and insulin levels.



A. Use the words in the text to understand the meaning of the underlined words.

| Word          | What do you think it means? | What were your clues? |
|---------------|-----------------------------|-----------------------|
| 1. Manage     |                             |                       |
| 2. Boost      |                             |                       |
| 3. Fatty      |                             |                       |
| 4. Intake     |                             |                       |
| 5. Lead to    |                             |                       |
| 6. Quit       |                             |                       |
| 7. Resistance |                             |                       |
| 8. Check-up   |                             |                       |

B. Are these sentences true or false?

- |                                                                                       |            |
|---------------------------------------------------------------------------------------|------------|
| 1. The risk of diabetes is reduced by gaining weight, especially in the abdomen area. | True/False |
| 2. By reducing sugary foods, refined carbs and trans-fats we can prevent diabetes.    | True/False |
| 3. Alcohol makes your body less sensitive to insulin.                                 | True/False |
| 4. One of the tips suggested to avoid diabetes is to stop smoking.                    | True/False |
| 5. The haemoglobin A1 measures our red blood cells.                                   | True/False |