## Content page

Introduction		Be Healthy	
Leading a fulfilling life with Diabetes	4	Healthy Eating	37
Be Aware		Physical Activity	80
What is diabetes	7	Avoid Smoking & Drinking	120
How diabetes develops	15	Emotional Well-being	126
What can I do to manage diabetes	23	Sleep and Diabetes	149
<u>Tips for those with Type 1 diabetes</u>	26		
Traditional & Complementary Medicine	34		