



DREXEL ENDOCRINOLOGY
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Drexel Endocrinology

**HEALTHIER
LIVING
WITH DIABETES**

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IT'S TIME TO QUIT SMOKING

Making changes to healthier living is difficult. Many of us try hard for a few days or a few weeks, or maybe a few months . . . and then collapse and go back to our old, comfortable habits. We are adults who know what we should do, so why is it so hard to make healthy changes?

Several things make it hard to change. Most people feel they are too busy, with little time left for themselves. Grabbing a fast food meal, skipping the gym or using a cigarette as a pick-me-up seems like a necessary short-cut in order to get everything done. To solve this problem, try to find ideas that can make the healthier choices just as fast.

**CALL SMOKEFREE PHILLY AT
1-800-QUIT-NOW**

for free tips on how to quit smoking
or for local support groups.

To set yourself up for success, establish a support system. Find a friend, co-worker or family member to make some changes with you or report back to each other about your individual goals.



THIS YEAR I'M GOING TO LOSE WEIGHT

Pack a healthy lunch and one or two snacks to take with you the night before so that you can just grab and go in the morning. Consider joining Weight Watchers online or using the Lose It! smart phone app to make it easier to track what and how much you can eat and learn other ideas that make planning meals easier. Garfield, the cartoon cat, said, "Diet is 'die' with a 't' . . . I'll never do it!" He was right. Diets don't work! The goal is to find a way to live that keeps the weight off.

I'M GOING TO START REGULAR EXERCISE

You also do not suddenly join a gym and develop 6-pack abs. Start regular exercise with small changes in your daily routines, such as walking from an earlier bus stop, taking a short walk at lunch, taking the stairs when you only have to go up one to two flights or down two to three flights.

Another problem is negative self-talk. We are quick to tell ourselves "You really blew it," or "I knew I couldn't do it." If we talked to other people the same way that we talk to ourselves we wouldn't have many friends! To address this, try two things: (1) set smaller and more specific goals that you can achieve in a week or two, and (2) keep some type of written record so that you can see your progress. Then if you have a lapse, it is only a small setback – you can pick yourself up, learn from a mistake and try again. Consider not making New Year's resolutions. Instead think of one thing you would like to improve about yourself and make a specific plan in small steps. For example: you do not get regular exercise and you have been told that you need to get at least 3 hours of moderately intense exercise in each week.

BABY STEP ONE IS . . .



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