

Example of Good Patient Ed Materials

Active time – for the whole family



Help everyone be physically active and strong – even your infant!

You can do a lot to make sure your whole family is healthy.

Children need 60 minutes of activity every day.

Adults need at least 30 minutes, most days.

Be active with the whole family – indoors and outdoors.

Television time is not active time!



Supplement 6-24 months – English

Fun Ways For You to Be Active With Your Infant

Sitting time play



- While he is sitting up, roll a soft ball to him and clap when he tries to get it or roll it back. He may clap too!
- Do sit-ups while facing him. Say "Hi" to him every time you look in his eyes. He will love the game.

Music time play



- Put on your favorite music and dance.
- It's great exercise for you, and your infant will start to move to the music too!
- When she is ready, let her pull to a stand while holding your hand and bounce to the music.

Tummy time play




- Put your infant on her tummy. Put a toy like a soft ball, rattle or baby mirror in front of her to look at.
- Get down on the floor and play with her (try peek-a-boo).
- While she is on her tummy, you can also do exercises on the floor. Try push-ups!

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Example of Good Patient Ed Materials

BLOOD PRESSURE CONTROL



Why should I care about blood pressure?

- Many people with diabetes have high blood pressure (sometimes called "high blood").
- Keeping your blood pressure in control can help to prevent heart attacks, stroke and kidney damage.



- Blood pressure is measured with a cuff. The goal is to get the top blood pressure number below 130 and the bottom number below 80.

Top Number	130
Bottom Number	80

Part 8 - Blood Pressure Control

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BLOOD PRESSURE CONTROL

To Control Your Blood Pressure

- **Watch your salt!**
 - Don't put salt on foods
 - Use other things like hot sauce, Mrs. Dash, or herbs to add flavor
 - Try not to eat fast food, canned soups, vegetable juice or chips.
 - Eat more fresh foods like fresh vegetables
- **Watch your weight**
 - Limit fast food, restaurant foods, frozen meals.
 - Try to limit fats and starches
 - Eat smaller portions'
 - Eat more fresh vegetables
- **Stay Active**
 - Try to walk or do other activities everyday!
 - Park far away!
 - Take the stairs instead of the elevator
 - Do gardening; mow the lawn or rake leaves

Following these steps can help lower your blood pressure!

Part 8 - Blood Pressure Control

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