

Let's get started!



PREDIABETES

take action

checklist

Before we start, let's create mindset.

Let's think of **prediabetes** as the grace period before Type 2 Diabetes sets in.

A point in time where you **STILL** can change the course of your future (I know... because I once stood in your shoes)

Right now the most important thing to do is to educate yourself. Learn what lifestyle changes you can make to turn your diagnosis around - and practice them in your everyday life.

This **take action checklist** will help do that.

Remember, I've been in your shoes. My blood sugar levels were once in the prediabetic range. But I used this checklist to reverse course - and today my levels are normal!

I'm here to share the journey with you.

Join me in my Facebook group Glucose Girls.



A great place to find support, helpful ideas and accountability. Because turning prediabetes around is so much easier when we do it together.

xo,
Tess



GET A BLOOD TEST

First things first.

It is important to know what your blood sugar levels are **now**. This gives you a **baseline number** so you can monitor your progress in the future.

The **A1C test** is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past 2-3 months.

Get a test from your health care professional or order a home test kit at www.walkinlab.com and get started today!



CHANGE YOUR DIET

Diet plays a **BIG** part in controlling prediabetes (and is often a main factor in its cause).

In fact, changing to a more plant based, low carbohydrate diet, along with other key lifestyle changes has been shown to reverse the condition.

A great place to learn more about prediabetes and diet is in the book [Blood Sugar Solutions](#), by Mark Hyman MD.

This easy to use book will help you learn the right foods to put on your fork. And give you solid information about prediabetes so you can make the best food choices for your health.



FIND SUPPORT

Prediabetes has been shown to be completely reversible with diet & lifestyle changes. To succeed, you'll want to surround yourself with others who are on the same journey.

That's why I host the Facebook group [Glucose Girls with Tess Hoke](#). We're taking action & managing our blood sugar with our forks. Sound fun? Join us here!

Learning new mealtime habits, sharing support & celebrating wins can be extremely useful & help you stay committed to your health goals. And we're doing it with our forks in [Glucose Girls!](#)



GET MOVING

Exercise has been shown to be another important factor in managing prediabetes.

When you exercise, your body uses more glucose, helping to lower your blood glucose level. That's a good thing.

How much exercise do you need? Research suggests that a brisk 30 minute walk five times a week is optimal.

If this seems like a stretch for you, start small and add more movement to your day in other ways. But make it your goal to improve.

Take the stairs instead of the elevator. Walk in place during T.V. commercial breaks. Choose the space farther from the store in the parking lot. Anything that gets you moving helps!



DEVELOP A MEALTIME STRATEGY

Heads up! This is where things get complicated...

To stick with your new food plan, you'll need to develop a strategy that works for your busy life. Not just when you have time for it or your feeling motivated, but each & every day.

Forever.

Remember, prediabetes can be reversed. But your diet must become a permanent change.

Begin to develop your own system for simplifying food prep & creating healthy meals.

You may find that this requires more thought, more time and more preparation for each meal. But learn as you go and meals will become easier to create.

Need more help creating a mealtime strategy that works?

I've created a **Real Food Formula** that gives you techniques & know how so you can simplify healthy meal making at home.

This 5 part framework gives you simple principles to implement. So you can begin to build a lifetime strategy - for blood sugar management & meal time success.

Don't let prediabetes get the best of you. Turn things around with my **Real Food Formula**. Get started today!