

GET ACTIVE

Workplace Wellness

Battle against chronic disease and manage symptoms in FOUR simple ways

1. EXERCISE

Chronic conditions from diabetes to arthritis can benefit from physical activity reducing symptoms for those dealing with the effects of these illnesses.



2. DIET

Small dietary changes can make all the difference. Here are a few of the ways you can help your body manage symptoms and fight back against your disease:

- Get more fiber.
- Reduce heart disease with “good” fats, or monounsaturated.
- Avoid artificial sweeteners and red meat.

3. LIFESTYLE

Smoking and alcohol consumption can have a major effect on your chronic disease.



Studies show that while moderate use of alcohol can prevent type 2 diabetes, overuse can cause issues.

Make your health a priority.



4. KNOW YOUR BODY

With the busyness of life, it's easy to skip that screening or annual exam. Don't do it! Early prevention can make all the difference.



It is also important to find relief for your condition once you've been diagnosed. Don't be afraid to get help managing your symptoms.

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