



For Immediate Release

Diabetic Connect Releases “21 Days to Better Diabetes Control”

New guide offers practical tips to achieve healthier lifestyles

Alliance Health Networks, developer of the largest and fastest growing online social network for people living with diabetes, has released a new guide to help its members achieve healthier lifestyles.

“21 Days to Better Diabetes Control” offers members of DiabeticConnect.com twenty-one practical steps they can take each day to develop the habits of healthy eating, increased physical activity and better adherence to treatment regimens. Jessica Gibbons, a certified diabetes educator and registered dietitian, authored the guide, drawing upon her professional expertise as well as her own experience living with Type 1 diabetes.

Because the first question asked by many new members of Diabetic Connect is, “What can I eat?” the guide also includes twenty-one healthy recipes. The recipes provide wholesome low-carb options diabetics can choose to improve their dietary habits.

“We chose 21 days because most self-improvement experts agree that establishing a new habit takes 21 days,” said John Crowley, Director of Communications and Content at Alliance Health. “It’s enough time to really start seeing a difference, but not so long that it feels overwhelming,” Crowley said.

“21 Days to Better Diabetes Control” also offers Diabetic Connect members a daily log for tracking their glucose readings, medications taken, diet, and exercise. By tracking progress, anyone who follows the guide will be able to see the difference simple tasks can make in blood sugar control.

Crowley notes that initial feedback from members of Diabetic Connect reinforces the value of participating in a social network. “Members began their own discussion in which they pledged to each other their commitment to begin following the 21 Day program,” Crowley said. “They are using Diabetic Connect to gather ideas from other members to help them succeed.”

In addition to the downloadable guide, Diabetic Connect offers a wide variety of resources on its 21 Day Guide page (<http://www.diabeticconnect.com/21-days-guide>). Members can find articles from experts on healthy eating tips, particularly on portion control and healthy breakfast options. There are videos about how to exercise effectively and correctly monitor blood glucose. The page also offers tips on shopping on a budget.



About Alliance Health Networks

Alliance Health develops and hosts social health networks that unite individuals and market participants in dynamic condition-specific communities. With more than 500,000 registered members and 1.2 million unique monthly visits, DiabeticConnect.com is the largest social network for people affected by diabetes. Alliance Health properties provide tools and services specifically designed to help patients and caregivers share health-related information and experiences. For more information call 801.355.6002 or visit AllianceHealthNetworks.com.