

Staying Active and Eating Well at Home During COVID Crisis

Resources to Build Healthy Habits

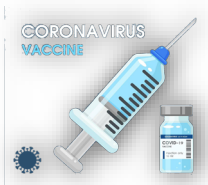


Paths to Health NM
Tools for Healthier Living
<https://www.pathstohealthnm.org/>

Diabetes Self-Management



American Diabetes Association
Digitalized Cookbook that can be personalized
<https://www.diabetesfoodhub.org/>



COVID-19 in New Mexico
<https://cv.nmhealth.org/>
<https://cv.nmhealth.org/covid-vaccine/>



Strengthening and Stability



<https://www.cdc.gov/diabetes/prevention/>



American Heart Association
Healthy for Good

<https://www.heart.org/en/healthy-living/fitness>



New Mexico Diabetes Advisory Council
<https://nmdac.org/>



Stretching



Walking



Mantenerse Activo y Comer Bien en Casa Durante la Crisis del COVID

Recursos Para Construir Hábitos Saludables



Paths to Health ^{NM}
Tools for Healthier Living

<https://www.pathstohealthnm.org/>



<https://www.cdc.gov/diabetes/prevention/>



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Healthy for Good

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Traído a usted por el Grupo de Trabajo Prevenir la Diabetes
Consejo de Prevención de Enfermedades Crónicas de Nuevo México

Diabetes Autogestión



Diabetes Food Hub

American Diabetes Association

Libro de recetas digitalizado que se puede
<https://www.diabetesfoodhub.org/>



CORONAVIRUS VACCINE

COVID-19 en New Mexico

<https://cv.nmhealth.org/>
<https://cv.nmhealth.org/covid-vaccine/>



New Mexico Diabetes Advisory Council
<https://nmdac.org/>



Estiramiento

Fortalecimiento y Estabilidad



Caminar

