

Diabetes Resources

	English	Spanish
Accessible Easy Exercises (Articles and Videos)	<ol style="list-style-type: none"> 1. https://www.webmd.com/fitness-exercise/ss/slideshow-sneak-exercise 2. https://www.thebump.com/a/finding-time-to-exercise-with-a-baby?utm_source=bumpnews&utm_medium=email&utm_content=bumpnews_par_20220607_pos04&&&& 3. https://www.youtube.com/watch?v=05fvmzDkdKw 4. https://www.youtube.com/watch?v=Jru5B044HOs 	<ol style="list-style-type: none"> 1. https://www.generali.es/blog/tuasesor-salud/como-hacer-ejercicio-en-casa/ 2. https://www.youtube.com/watch?v=ovKCabDpGSE 3. https://www.youtube.com/watch?v=5p43x7GoqzI 4. https://www.directoalpaladar.com.mx/salud-y-nutricion/ejercicios-para-mamas-que-no-tienen-tiempo-de-ir-al-gimnasio
Healthy Recipes	<ol style="list-style-type: none"> 1. https://www.bbcgoodfood.com/recipes/collection/healthy-dinner-recipes 2. https://www.foodnetwork.com/healthy 	<ol style="list-style-type: none"> 1. https://www.directoalpaladar.com/recetario/101-recetas-sanas-para-para-tener-menu-saludable-lunes-a-domingo 2. https://cchealth.org/healthplan/pdf/recipes-Everyday-Healthy-Meals-Cookbook-es.pdf
Playlists	<ol style="list-style-type: none"> 1. https://open.spotify.com/playlist/37i9dQZF1DXaL0oUdaMtnP 2. https://open.spotify.com/playlist/37i9dQZF1DWUSyphfcc6aL 	<ol style="list-style-type: none"> 1. https://open.spotify.com/playlist/37i9dQZF1DX9ZKyQHcEFXZ 2. https://open.spotify.com/playlist/37i9dQZF1DWYK2yx0OW9Kj
Additional Resources and Information on Maternal Health	<ol style="list-style-type: none"> 1. https://drive.google.com/file/d/1ww5i8yLstHncKNQFedaLpetNuBZo_RMt/view 2. https://drive.google.com/file/d/1eu4bG01fp0XP4s_nteFiO2MfCTWutHIX/view 3. https://drive.google.com/file/d/1GqBW1fa4f3X43GNiZXp2xiE7izoS-28/view 4. https://drive.google.com/file/d/1J9vincIMnTnT0pSBX4l-CcQ93ynO411K/view 5. 	