



YOU DON'T HAVE TO KNOCK YOURSELF OUT TO PREVENT DIABETES!

Studies show that people at high risk for type 2 diabetes can prevent or delay the disease if they lose as little as 10 pounds—by walking 30 minutes 5 days a week and making healthy food choices. Keep in mind that small steps can lead to big rewards.

Use these tips for ideas to move more and make healthy food choices.

Take your first step today!

step 1 **Move More.** Plan to get at least 30 minutes of physical activity 5 days each week to help you lose weight. You can get this amount in small ways throughout the day. If you have not been active, talk to your doctor and start slowly to build up to your goal.

Here are some ideas to fit more physical activity into your day.

✓ Park your car farther away from stores, movie theaters, or your office.

- ✓ Use TV breaks to stretch, take a quick walk around your home, do some sit-ups, or march in place.
- ✓ Get your friends and family involved. Set a standing walking date. Or do something that everyone enjoys—shoot hoops, take a bike ride, or line dance.
- ✓ Walk during your lunch break.
- ✓ Deliver a message to a co-worker in person instead of by email. Take the stairs to your office instead of the elevator.

