

STOP DIABETES BEFORE IT STARTS



LEARN

ABOUT DIABETES. EVEN IF A FAMILY MEMBER HAS DIABETES, YOU CAN HELP PREVENT IT.



EAT

MORE WHOLE GRAINS, FRUIT, AND VEGETABLES. EAT LESS FRIED AND HIGH-FAT FOODS.



LOSE WEIGHT

— IF YOU NEED TO.



BE ACTIVE

EVERY DAY. WALK, PLAY, BIKE. ALMOST ANY ACTIVITY IS GOOD FOR YOU.



STOP SMOKING

IF YOU SMOKE.



GET TESTED

A DIABETES TEST IS QUICK, EASY-TO-TAKE, AND LOW IN COST.

Medical studies show that changes like the above in how you live day by day can help prevent diabetes. Diabetes can cause serious health problems. Call your doctor or health clinic today to learn more about what you can do to Stop Diabetes Before It Starts!