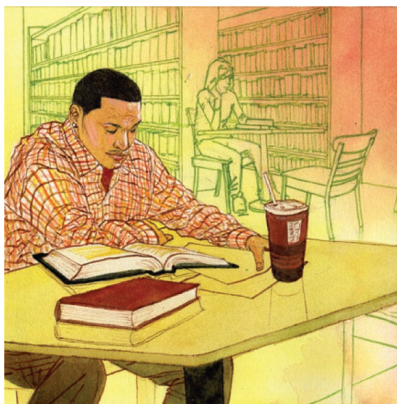


# STOP DIABETES BEFORE IT STARTS



## 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!